
EVENING GUILD

RECIPE BOOK

1949

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And to our Virtues be very Kind."

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We may live without friends; We may live without books;
But civilized man cannot live without cooks."

Compiled by Members of the
EVENING GUILD
of the
ROBLIN UNITED CHURCH

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BREAD and BUNS

"Breathes there a man with soul so dead,
Who loves not home made, new baked bread?"

NUT BREAD MRS. M. BOROWSKI

4 cups flour	1 cup walnuts
4 tsp. baking powder	2 cups milk
1 tsp. salt	1 egg
1 cup sugar	

METHOD—Sift together flour, salt and baking powder. Add sugar and walnuts. Beat all together until smooth. Put into well-greased 1 lb. or ½ lb. baking powder tins. Let rise half an hour. Bake in moderate oven 30 to 45 minutes.

ORANGE BREAD MRS. J. M. TAYLOR

3 tbsp. shortening	3 cups flour
¾ cup sugar	4 tsp. baking powder
1 egg	1 tsp. salt
¾ cup milk	peel of two oranges

METHOD—Cut orange peel into small pieces, cover with water and boil until tender. Add ¼ cup of sugar and boil five minutes. Cream shortening and sugar. Add egg, beat well. Sift flour, baking powder and salt. Add alternately with milk. Add orange peel. Bake in greased loaf tin or three 1-lb. baking powder tins for about 50 minutes.

DATE LOAF MRS. ROBERT PARR

½ lb. dates, 1 cup boiling water—pour over dates, stir well, cool.

Add:

¾ cup white sugar	2 cups sifted flour
1 egg	1 tsp. baking powder
2 tbsp. melted butter	1 cup chopped nuts

METHOD—Mix as for butter cakes. Bake in baking powder tins with the lids on. When cool, remove from tins. Slice and butter to serve.

BANANA BREAD MRS. GEO. KELSO

1 cup white sugar	½ cup sweet milk
½ cup butter	1 tsp. baking powder
2 beaten eggs	¾ tsp. baking soda
1 cup mashed bananas	½ tsp. salt
1 cup walnuts (optional)	2 cups & 2 tbsp. flour

METHOD—Combine as for a cake. Bake 1 hour in a moderate oven. Do not cut until second day.

ORANGE BREAD MRS. C. McNEELANDS

Peel of 2 oranges	} Boil together until reduced to half
2 cups of water	
1 cup of sugar	

Remove from stove and add 1 tblsp. of shortening. Cool.

4 cups flour	Milk—about ½-cup.
4 tsp. baking powder	pinch of salt
1 egg ---	

METHOD—Mix as a cake, and add the orange peel. Place in a loaf pan and let rise for 20 minutes before putting in the oven. Bake in a moderate oven until done.

DATE LOAF MRS. J. McLEOD

1/2 cup dates	}	Cover with 1/2-cup boiling water. Set aside to cool
1 cup chopped walnuts		
1 tsp, soda, small		
1 cup brown sugar		1 1/4 cups flour
2 tbsps. butter		1/2 tsp. salt
1 large egg (2 small)		

METHOD—Mix as for a cake. Add dates and nuts and mix well. Turn into a loaf pan and bake in a slow oven until nicely browned—about 45 minutes.

DATE LOAF MRS. E. G. GREENAWAY

1 cup dates	}	Mix and let stand until cool	
1 tsp. baking soda			
1 cup hot water			
1/4 cup shortening			2 cups flour
1 cup brown sugar			1/2 tsp. baking powder
1 egg		1/2 tsp. salt	
1 tsp. vanilla		1/2 cup walnuts	

METHOD—Combine as for butter cake, add date mixture. Pour into loaf tin and bake 1 hour in medium slow oven.

BRAN MUFFINS MRS. W. CROSS

1/2 cup brown sugar	1 tsp. baking soda
1/2 cup shortening	1/2 tsp. salt
1 egg	1 cup flour
1 tsp. baking powder	1 cup Quaker natural bran
2/3 cup thick sour milk	

METHOD—Cream shortening and sugar, add egg. Sift together flour, baking powder and salt. Add soda to sour milk. Add milk and flour alternately to creamed mixture. Mix in bran.

VIENNESE COFFEE RING MRS. H. C. CRANWELL

2 cakes quick yeast	1/4 cup shortening
1/4 cup luke warm water	1 egg
1 cup milk	3 1/4 cups sifted bread flour
1/2 cup sugar	Sugar and cinnamon
1 tsp. salt	

METHOD—Softens yeast in lukewarm water. Scald milk. Add sugar, salt and shortening and cool to lukewarm. Add egg, 1 cup flour and beat thoroughly. Add more flour and make a fairly stiff batter. Beat 3 minutes. Pour into greased ring pan, sprinkle with sugar and cinnamon and nuts if desired and let rise one hour until double in bulk. Bake in moderate oven, 375 deg. for 35 or 40 minutes.

If desired the cake may be made with one yeast cake in which case it will require twice as long to rise.

BISCUIT MIX MRS. J. W. HAINES

8 cups flour	1 1/2 tbsps. salt
6 tbsps. baking powder	1 lb. lard

METHOD—Sift dry ingredients 3 times. Cut in fat until mixture is like crumbs. Store in cool place. To use this: At room temperature mix 1 cup biscuit mix, 1/2 cup sweet milk. Bake in hot oven 10-15 minutes. This makes about 1/2 doz. biscuits.

STEAMED BROWN BREAD ----- MRS. A. McFADYEN

1 cup flour	1½ tsp. salt
1½ tsp. soda	1 cup farina or cream of wheat
1 cup oatmeal (quick)	1 cup bran
1 cup raisins	1 cup molasses (scant)
1 cup sour milk or buttermilk	

METHOD—Sift and measure flour, resift with salt and soda. Stir in farina oatmeal, bran and raisins. Mix well and add molasses slowly with milk. Stir until batter is smooth. Batter will be thin. 1 egg can be added and a bit of cream instead of all milk if desired. Steam 2 hours.

COLD WATER BUNS ----- MRS. PEARCE

½ cup lard	2 cups cold water
Salt	2 cups yeast
1 cup white sugar	

METHOD—Rub lard, salt and sugar together. Mix water and yeast to a stiff dough with flour and shortening mixture. Place in a crock and keep cold. Mold into buns and cook as required.

ROLLS ----- MRS. D. FERGUSON

1 tbsp. shortening	}	Mix together and let cool
2 cups scalded milk		
1 Fleischman's yeast dissolved in	1 tsp. salt	
1 cup of luke warm water	1 egg	
½ cup white sugar	Flour	

METHOD—Mix flour, sugar and salt. Add to the yeast and milk and beat in the egg. This should be a soft batter. Let rise then mix stiff with more flour and let rise again. Mold and place in greased pans. Bake in a hot oven.

NO KNEAD BREAD ----- MRS. A. L. JORY

1½ cups scalded milk	3 cakes compressed yeast or 3
½ cup shortening	pkg. dry yeast
¼ cup sugar	3 eggs
2 tbsp. salt	9 cups sifted flour
1½ cups water	

METHOD—Combine scalded milk, shortening, sugar, salt. Cool to luke warm by adding water. Add dissolved yeast. Blend in eggs. Add sifted flour and mix until dough is well blended. This dough may be softer than kneaded dough. It may be chilled. If not shape immediately into loaves.

This dough may be mixed in an electric mixer. Add half the flour to liquid ingredients and mix one minute at low speed. Add remaining flour and mix by hand. Shape dough immediately into loaves. Let rise in warm place and bake.

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CAKES

"I'm quite ashamed—'tis mighty rude
To eat so much—but all's so good."

SPECIAL WEDDING CAKE RECIPE MRS. F. Y. NEWTON

4 pounds of love	Half an ounce of dry humor
Half a pound of buttered youth	Two tablespoons of sweet argu-
Half a pound of good looks	ment
Half a pound of sweet temper	Half a pint of rippling laughter
Half a pound of powdered wits	Half a wineglass of common sense
Half a pound of self-forgetfulness	

METHOD—Put the flower of love, good looks and sweet temper into a well furnished house, beat the butter of youth to a cream. Mix together blindness of faults, self-forgetfulness, powdered wits, dry humor into sweet argument then add them to the above. Pour in gently rippling laughter, and common sense. Work it together until all is well mixed, then bake gently forever.

JOHNNY CAKE MRS. J. W. HAINES

1 egg	$\frac{3}{4}$ cup corn meal
$\frac{1}{3}$ cup white sugar	$\frac{3}{4}$ cup flour
1 tsp. salt	1 tsp. soda dissolved in a little hot
1 cup sour cream	water

METHOD—Mix ingredients in order given. Bake 20 minutes in moderate oven.

LEMON CAKE MRS. D. STAPLE

$1\frac{3}{4}$ cups cracker crumbs	1 cup cocoanut
$\frac{3}{4}$ cup flour	1 heap. tsp. baking powder
$\frac{3}{4}$ cup shortening	2 tbsp. milk
$\frac{1}{2}$ cup white sugar	

METHOD—Mix above together in crumbs, spread half on bottom of pan. Make lemon filling and put on top of crumbs. Spread balance of crumbs on filling and bake in 375 oven for 25 minutes or until brown.

EGGLESS CHOCOLATE CAKE MRS. GEO. MATTHEWS

1 cup brown sugar	$\frac{3}{4}$ cup milk
2 cups flour	2 tbsp. cocoa
1 tsp. baking powder	1 tsp. soda
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup cocoanut
1 cup cream	

METHOD—Sift flour, baking powder and salt into bowl. Add the cream, milk, mix well. Mix cocoa and soda with boiling water and add to other ingredients. Add cocoanut last.

CHOCOLATE CAKE MRS. GEO. R. WARD

2 cups brown sugar	1 tsp. soda
$\frac{1}{2}$ cup butter	1 tsp. vanilla
2 eggs	1 tsp. baking powder
$\frac{1}{2}$ cup cocoa	$2\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sour milk	pinch salt
$\frac{1}{2}$ cup boiling water	

METHOD—Put soda and cocoa in a bowl and pour boiling water over it. Allow to cool before using in cake.

CHOCOLATE CAKE MRS. STEWART JOHNSON

2/3 cup butter	salt
2 cups brown sugar	1 cup cold water with 1 tsp. soda
2 eggs	dissolved in it.
3 sq. chocolate	Vanilla
2 cups cake flour	

METHOD—Cream butter and sugar well. Add beaten egg yolks. Add melted chocolate. Add flour and water alternately. Add beaten egg whites last. Bake in 9x9 in. cake tin for 45 minutes in moderate oven.

NEVER FAIL CHOCOLATE CAKE MRS. C. MATCHETT

1/2 cup butter	2 cups cake flour (sifted)
1 1/4 cups brown sugar	1 tsp. soda
2 eggs	pinch salt
1 cup sweet milk	1 tsp. vanilla
2 sq. Baker's chocolate	

METHOD—Cream butter and sugar, add melted chocolate, then one egg at a time. Beat after each addition. Add milk and dry ingredients alternately at the last. Bake in moderate oven.

CHOCOLATE CAKE MRS. FRANK WADE

2 sq. chocolate	1 egg yolk
2 tbsp. butter	milk
1 and 1/3 cups cake flour	1 tsp. baking soda
1 cup white sugar	

Method—Melt chocolate and butter. Sift flour and sugar into bowl. Put 1 egg yolk in cup and fill cup with milk and add 1 tsp. baking soda. Add this to flour mixture. Add melted butter and chocolate. Beat with dover egg beater until smooth. Bake in oven 375 deg. Use egg white for icing.

FUDGE CAKE MRS. PRISCILLA KELSO

1/2 cup melted butter	1/2 cup flour
1 cup brown sugar	2 tbsp. cocoa
1 egg	3/4 cup walnuts

METHOD—Melt butter, add sugar, egg and 1 tsp. vanilla. Beat well. Add dry ingredients and walnuts. Mix well and put in greased pan and bake in moderate oven 20-25 minutes at 375 deg. Ice while warm with cocoa butter icing.

CHOCOLATE FUDGE CAKE MRS. F. A. NEWTON

1/2 cup butter	1/2 tsp. vanilla
1 cup white sugar	1/2 cup walnuts
2 sq. chocolate, melted	1/2 cup flour (scant)
2 eggs, well beaten	

METHOD—Cream butter and sugar, fold in melted chocolate. Beat in the well beaten eggs. Beat in the flour and lastly fold in nuts and vanilla. No soda or baking powder so the beating is important. Bake at 325 deg. for 25 to 30 minutes. Ice with chocolate icing.

DATE ORANGE CAKE MRS. T. ROBERTS

3/4 cup butter or shortening	1 tsp. soda
1 cup brown sugar	1 cup chopped dates
1 egg	3/4 cup walnuts
1/2 cup sour milk	rind and juice of one orange
1 tsp. baking powder	1 3/4 cups flour

DATE NUT AND ORANGE CAKE ----- MRS. W. K. RAMSAY

½ cup butter or crisco	1 tbsp. hot water
1 cup white sugar	2 cups all purpose flour
1 egg	2 tsp. baking powder
1 cup sour milk	¼ tsp. salt
1 tsp. soda	1 cup dates cut fine
½ cup nuts	grated rind of one orange

METHOD—Cream butter, add ½ cup sugar, cream well. Beat egg and add other ½ cup sugar. Combine with butter. Sift salt, baking powder and flour, and add alternately with milk. Add dates, nuts and orange rind. Lastly add soda dissolved in hot water. Bake in layers or loaf pan at 350 deg.

DATE CRACKER CAKE ----- MRS. R. PARR

10 unsalted soda biscuits crushed	1 cup sifted flour
fine	½ tsp. soda
½ cup butter	½ cup cocoanut
¾ cup brown sugar	

METHOD—Crush biscuits fine, mix with butter, sugar, flour and soda. Add cocoanut. Spread ¾ of mixture in cake pan and bake till done. Add 1 tsp. vanilla to cooked dates. Spread on cooked mixture, top with remainder of crumbs and bake.

CHOCOLATE CREAM LAYER CAKE ----- MRS. G. McBURNEY

½ cup crisco	2 eggs
1 cup sugar	2 cups sifted cake flour
½ tsp. salt	2½ tsp. baking powder
1 tsp. vanilla	¾ cup milk

METHOD—Combine crisco, sugar, salt, vanilla and eggs. Beat thoroughly and add sifted dry ingredients alternately with milk. Bake in two 8-in. pans. Bake 25 to 30 minutes in 375 oven.

STAY-SOFT CHOCOLATE FROSTING

1/3 cup cocoa	¼ tsp. salt
3 tbsp. cornstarch	1½ cups milk
1 and 1/3 cups sugar	

METHOD—Mix cocoa, cornstarch, sugar and salt, add milk and cook until thick, stirring often. Remove from stove and add 1 tsp. butter and 1 tsp. vanilla. Cool. All measurements level.

ORANGE CAKE ----- MRS. R. FRAMINGHAM

½ cup butter or shortening	2 cups bread flour
1 scant cup sugar	1½ tsp. baking powder
2 eggs, separated	pinch of salt
½ cup sour milk	½ tsp. baking soda dissolved in
1 orange	a little hot water
1 cup dates or raisins	

METHOD—Squeeze the orange and add juice to milk. Put orange peel and dates or raisins through food chopper. Cream butter or shortening, add sugar, beating all the time. Add well beaten egg yolks. Mix and sift flour, baking powder and salt, and add to butter mixture alternately with milk, beating all the time. Then fold in chopped peel and dates. Stir in dissolved baking soda and finally fold in the beaten egg whites. Bake in layers and frost.

Hot Potato or Cold Porridge

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WEDDING CAKE ----- MRS. W. A. LARGE

1½ lb. flour	2 tsp. cinnamon
1½ lb. brown sugar	1 tsp. allspice
2½ lb. raisins	2 tsp. cloves
2 lb. currants	¾ lb. butter
1 lb. cherries	1½ tsp. soda
1 lb. almonds	1½ cups sour milk
¾ lb. mixed peel	8 eggs

METHOD—Mix as for butter cake, and add floured fruit. Bake in a slow oven for two and a half to three hours. Will make a three tier wedding cake.

EAGLE CHOCOLATE CAKE (no baking) ----- MRS. F. A. NEWTON

2 sq. unsweetened chocolate	2 cups graham wafer crumbs
1 can Eagle brand condensed milk	1 cup chopped nuts

METHOD—Melt chocolate in double boiler and add milk, stir until it slightly thickens. Add wafer crumbs and nuts (½ cup). Put ¼ cup nuts in bottom of 8x8 in. pan. Spread mixture and put remaining nuts on top. Place in refrigerator.

BOILED RAISIN CAKE (eggless) ----- MRS. R. FRAMINGHAM

1 cup brown sugar	1 cup raisins
½ cup shortening	2 cups flour
1 cup cold water	½ tsp. baking powder
¼ tsp. salt	1 tsp. baking soda
½ tsp. each nutmeg, cinnamon, mace	

METHOD—Boil sugar, shortening, water, salt, spices and raisins for 3 minutes and cool. Add sifted dry ingredients.

COLD WATER SPONGE CAKE ----- MRS. A. CRAIG

3 eggs	1 cup sifted flour
¼ tsp. salt	1½ tsp. baking powder
1 cup fine sugar	1 tsp. flavoring
6 tbsp. cold water	

METHOD—Separate eggs and beat whites and salt until stiff but not dry. Gradually beat in ½ cup sugar. Beat egg yolks separately until thick and lemon colored. Slowly add ½ cup sugar and then the cold water, beating mixture until thick between each addition. Lightly fold yolk mixture into whites. Sift flour twice, add baking powder and sift 4 times more. Sift flour into egg mixture slowly folding in lightly in small quantities. Add flavoring. Bake in moderate oven 45 to 50 min.

LAZY DAISY CAKE ----- MRS. G. BLACK

2 eggs	¼ tsp. salt
1 cup sugar	½ cup milk
1 cup flour	1 tbsp. butter
1 tsp. baking powder	1 tsp. vanilla

METHOD—Beat eggs until creamy and add sugar gradually. Mix in dry ingredients. Heat milk to boiling point and add 1 tbsp. butter. Stir into first mixture. Add vanilla. Bake one-half hour in moderate oven. While still hot top with mixture of 3 tbsp. butter, ½ cup brown sugar and ½ cup walnuts. Put back in oven for a few minutes.

PEACH UPSIDE-DOWN CAKE ----- **MRS. N. SHASKO**

3 tbsp. butter	3 tsp. baking powder
½ cup brown sugar	½ tsp. salt
Canned or fresh peach halves or	¾ cup granulated sugar
fresh peach halves	1 egg well beaten
¼ cup shortening	¾ cup water or milk
1½ cups Robin Hood flour	

METHOD—Use an 8x8x2 inch cake tin and grease thoroughly. Melt the 3 tbsp. butter in cake tin over low heat. Sprinkle ½ cup brown sugar evenly over butter and let mixture heat until bubbly. Remove from heat, arrange peach halves or slices in butterscotch mixture. Let stand while making batter. Cream shortening until fluffy, gradually add sugar, mixing until creamy. Add beaten egg and beat well. Add dry ingredients alternately with water or milk, folding in lightly after each addition. Pour over peaches in cake tin and bake at 350 deg. for 45 to 50 minutes. Turn out on large plate with peach side up and allow to cool. Serve cold with plain or whipped cream. If desired, arrange maraschino cherries in between peach halves. ---

EATON'S GRILL ROOM CAKE ----- **MRS. I. L. MITCHELL**

1 cup brown sugar	1½ cups flour
½ cup butter	1 tsp. baking powder
2 egg yolks	vanilla

METHOD—Mix together and spread in pan. Beat whites of 2 eggs until stiff. Slowly add 1 cup brown sugar. Beat again until stiff. Spread over first mixture and bake 45 minutes in slow oven.

LIGHT CAKE ----- **MRS O. C. FISHER**

2 cups flour	½ cup shortening
1 tsp. salt	¾ cup and 2 tbsp. milk
4 tsp. baking powder	½ cup eggs (2 or 3)
1¼ cups sugar	

METHOD—Mix dry ingredients well, then mix in shortening. Add milk and mix well, and add eggs last.

SPONGE TAFFY CAKE ----- **MRS. J. ROBERTSON**

1 cup white sugar	TOPPING:
2 eggs	5 tbsp. butter
1 tsp. vanilla	1 cup brown sugar
1 tbsp. butter melted in	4 tsp. milk
½ cup hot water	1 cup cocoanut
1 cup flour	
1 tsp. baking powder	

METHOD—Mix as an ordinary cake and bake in a 350 degree oven. When cake is done immediately top with topping mixture and put back in oven and brown till bubbly.

LIGHT CUP CAKES ----- **MRS. F. J. LAWRENCE**

1 cup sugar ---	cold water
1 and 2/3 cups flour	2 tsp. baking powder
½ cup butter	1 tsp. flavoring
3 egg whites	

METHOD—Sift sugar and flour four times. Rub in butter. Put egg whites in cup and fill with cold water. Add to first mixture. Beat for ten minutes with egg beater. Add baking powder and flavouring.

LIGHT VALENTINE CAKE ----- **MRS. J. W. KEMP**

4 egg whites beaten stiffly	¼ tsp. salt
½ cup shortening	¼ cup cherry liquid
1½ cups granulated sugar	½ cup milk
2 and 1/3 cups sifted cake flour	½ tsp. vanilla
½ cup walnuts chopped fine	16 cherries cut fine
2 tsp. baking powder	

METHOD—Cream shortening until creamy and fluffy, add sugar gradually until light. Sift dry ingredients and add alternately in thirds with cherry juice, milk and vanilla, beating with spoon after each addition. Fold in cherries and walnuts, then egg white.

FLUFFY ICING

1 and 2/3 cups gran. sugar	¼ tsp. cream of tartar
½ cup water	½ cup of egg whites

METHOD—Combine sugar, water and cream of tartar, stir over low heat until sugar is dissolved. Cook without stirring until it strings and add gradually to the beaten egg whites and beat a while longer.

WHITE FRUIT CAKE ----- **MRS. H. C. CRANWELL**

1¼ cups white sugar	¼ lb. shredded cocoanut
1 cup butter	juice and rind of one lemon
4 eggs	2 lbs. seedless raisins
½ lb. cherries	3 cups flour
½ lb. almonds, chopped	2 tsp. baking powder

METHOD—Cream butter, add sugar and eggs well beaten. Add cherries, almonds, cocoanut and floured raisins. Add lemon juice. Sift flour and baking powder together. Mix well and pour into tins and bake in rather slow oven.

LIGHT FRUIT CAKE ----- **MRS. ROY SANDERS**

2 cups white sugar	1 tsp soda
½ lb. butter	½ lb. citron peel
5 eggs	½ lb. cherries
1 cup sour cream	½ lb. cocoanut
4 cups flour	1½ cups white raisins
1 tsp. baking powder	½ lb. shelled almonds
½ tsp. salt	lemon flavouring

METHOD—Prepare fruit and flour with ½ cup flour. Cream butter and sugar. Add beaten eggs and mix well. Add sour cream and soda and flavouring. Add remaining flour, baking powder, salt and prepared fruit. Bake in slow oven.

COCOA ANGEL CAKE ----- **MRS. W. E. LOMAX**

1½ cups egg whites	4 tbsp. cocoa
¼ tsp. salt	1 tsp. vanilla flavouring
1 tsp. cream of tartar	½ tsp. lemon flavouring
1¼ cups fine sugar	1 tbsp. lemon juice
¾ cup flour	

METHOD—Beat egg whites until they hold a silver spoon erect. Add salt, flavouring and sugar. Sift flour five times, adding cream of tartar, cocoa and salt with last sifting. Fold in gently. Add lemon juice. Bake 1 hour in oven starting at warm for 20 minutes then the remaining 40 min. get increased heat until brown.

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ORANGE CAKE ----- MRS. A. L. JORY

1 cup brown sugar	1 cup walnuts
½ cup butter	2 cups flour
2 eggs	pinch salt
½ cup cocoanut	1 tsp. soda
1 cup dates	1 tsp. baking powder
grated rind and juice of 1 orange	

METHOD—Put juice of orange in a cup and fill with sour milk. Bake in loaf.

CREAM CAKE ----- MRS. DONALD ROBERTSON

1 cup fine sugar (gran.)	2 cups cake flour
2 eggs	2 tsp. baking powder
1¼ cups heavy whipping cream	½ tsp. salt
1 tbsp. butter	1 tsp. flavouring

METHOD—Beat eggs very light, then add sugar gradually. Sift flour with baking powder and salt. Add to egg mixture alternately with cream and butter. Beat until smooth and add flavouring. Bake in a moderate oven about 50 minutes. In muffin tins from 20 to 25 minutes.

CORN MEAL CAKE ----- MRS. JAMES PURITCH

1 cup corn meal	3 eggs
1¼ cups boiling water	½ cup milk
¼ cup sugar	½ cup cream (sweet or sour)
½ tsp. salt	1 tbsp. flour
½ tsp. vanilla	1 tsp. baking powder

METHOD—Pour boiling water over corn meal and let stand for 2 hours. Add remaining ingredients. Bake for ½ to ¾ hour in moderate oven.

CHEESE CAKE ----- MRS. J. McCONNELL

1 lb. graham wafers (rolled)	¾ cup white sugar
½ lb. butter	½ orange (juice and rind)
1 tsp. vanilla	½ lemon (juice and rind)
2 boxes cottage cheese (well creamed)	3 eggs (separated)
	¼ lb. cherries

METHOD—Rub butter into graham wafers. Add vanilla. Divide this mixture in half and pack in bottom of baking dish. Mix egg yolks and cheese, beat well. Add sugar and juices and rind. Add well beaten whites then fold in cherries. Add remaining crumb mixture to top. Bake in oven 300 deg. for 30 minutes.

BANANA CAKE ----- MRS. JIM ZITARUK

½ cup butter	1½ cups sugar
2 eggs	1 cup mashed bananas
¼ tsp. salt	½ cup chopped walnuts
½ cup milk	1 tsp. soda
1 tsp. vanilla	1 tsp. baking powder
2 cups flour	

METHOD—Cream butter and sugar till very light. Add beaten eggs and beat thoroughly. Add bananas, walnuts and vanilla. Then add milk little by little. Add flour, baking powder, soda and salt, sifted together. Beat well. Bake 30 minutes.

GUM DROP CAKE ----- MRS. GEO. KELSO

2 cups white sugar	1 lb. gum drops, cut fine and
1 cup butter	floured
4 eggs	4 cups flour
1 tsp. salt	1½ lbs. sultana raisins boiled in
2 tsp. baking powder	a little water until plump and
1 cup sweet milk	soft. Then cooled.

METHOD—Cream butter and sugar. Add eggs, one at a time and beat well. Sift dry ingredients and add alternately with milk. Add gum drops and raisins. Bake about 2 hours in slow oven. This recipe makes 2 cakes.

JELLY ROLL ----- MRS. C. HOWE

2/3 cup sifted flour	¾ cup sugar
1¼ tsp. baking powder	2 tbsp. cold water
½ tsp. salt	1 tsp. vanilla
3 eggs	1 cup jelly of lemon filling

METHOD—Mix flour, salt and baking powder and sift three times. Beat egg yolks, sugar and water and add vanilla until light, then add flour and beat until smooth. Add the stiffly beaten egg whites. Bake in a 9x13 in. pan for 20 minutes in 350 deg. oven. Turn out on cloth, spread with jelly or filling and roll.

WALNUT CAKE ----- MRS. T. W. MCGILL

½ cup butter	1 cup white sugar
½ cup sweet milk	2 eggs
1½ cups flour	2 tsp. baking powder
1 cup chopped nuts	½ tsp. salt
vanilla	

METHOD—Cream butter and sugar. Add well beaten eggs. Add milk and mix well. Add flour and baking powder sifted together. Then add nuts, salt and vanilla. Turn into a greased pan and bake in moderate oven. When cool, ice with butter icing and put walnut halves on cake so it will cut in squares.

EASTER CAKE ----- MRS. W. D. GAMEY

¼ cup butter	¾ cup sifted flour
½ cup gran. sugar	1 tsp. baking powder
4 egg yolks	½ tsp. lemon flavouring
¼ cup milk	

METHOD—Cream sugar and butter until light coloured and fluffy. Add the beaten egg yolks and beat well together. Sift the flour three times with the baking powder. Add to creamed mixture alternately with milk. Add flavouring. Pour this mixture into an oblong pan lined with waxed paper. Now cover with second layer.

4 egg whites	½ tsp. cream of tartar
¾ cup fine gran. sugar	⅛ tsp. salt
½ cup sifted flour	½ tsp. vanilla

METHOD—Beat the egg whites until they stand in soft peaks. Add the sugar one or two tablespoonfuls at a time. Sift flour three times with cream of tartar and salt. Sprinkle a little over egg whites and sugar and fold it in gently, continuing until all flour is added. Add the flavouring. Spread this over the first mixture and sprinkle with a few finely crushed walnuts. Bake in a slow oven 325 deg. until cake is done (35 min.).

COFFEE CAKE ----- MRS. J. K. ALEXANDER

1 cup shortening	½ tsp. salt
1 cup sugar	1 cup cold strong coffee
2 eggs (separated)	¾ cup walnuts (cut)
2¼ cups flour	1 tsp. vanilla
2 tsp. baking powder	

METHOD—Mix sugar, shortening and egg yolks. Then add alternately the sifted dry ingredients and the coffee. Stir in nuts and flavouring and lastly fold in beaten whites of eggs. Bake in moderate oven. This cake is nice with Brown Sugar Icing.

BROWN SUGAR ICING

1 large cup brown sugar	1 tsp. flour
½ cup cream	

METHOD—Boil all together until it spins a thread. Add 1 tsp. butter and beat until thick.

CHOCOLATE CAKE ----- MRS. W. C. KINES

1¾ cups cake flour	3 tbsp. peanut butter
¾ tsp. baking soda	2 sqs. unsweetened chocolate
¾ tsp salt	(melted)
1 cup sugar	1 cup milk
2 tbsp. shortening	1 tsp. vanilla

METHOD—Sift flour, measure. Add soda, salt and sugar and sift together 3 times. Cream shortening and peanut butter together. Add melted chocolate and blend. Add dry ingredients alternately with the milk and beat until smooth each time. Add vanilla. Bake in 8-in. layer tins about 30 minutes in moderate oven.

SOUR CREAM CAKE ----- MRS. FRED STARR

1 cup butter and shortening mixed	3 tsp. baking powder
2 cups sugar	5 egg whites
1 cup sweet milk	1 tsp. vanilla
3 cups cake flour	

METHOD—Cream butter, add sugar, beat until light and very fluffy. Sift flour, then measure it. Sift again with baking powder. Add to butter and sugar mixture alternately with milk. Add flavouring and lastly fold in the beaten egg whites. Pour batter into 3, 9-in. layer cake tins. Bake 25 to 30 minutes in moderate oven.

SOUR CREAM FILLING

5 egg yolks	1 cup chopped nuts
1 cup heavy sour cream	½ tsp. almond flavouring
1 cup sugar	

METHOD—Beat egg yolk until lemon coloured then add sour cream and sugar. Cook over hot water until mixture is creamy and thick. Cool and put between layers. Ice.

SPONGE CAKE ----- MRS. W. CROSS

4 eggs (separated)	¾ cup sugar
juice of one orange	1 cup cake flour

METHOD—Beat egg whites stiff. Beat egg yolks, add orange juice and sugar. Add to whites. Stir in flour which has been sifted 5 times. put in ungreased pan and bake in 375-400 deg. oven.

WACKY CAKE ----- MRS. GORDON NELSON, Vancouver, B.C.

1½ cups flour	1 cup sugar
5 tbsp. cocoa	½ tsp. salt
1 tsp baking soda	1 tbsp vinegar
2 tsp. baking powder	5 tbsp. melted shortening or butter
1 cup lukewarm water	1 tsp. vanilla

METHOD—Sift together flour, cocoa, soda, baking powder, sugar and salt. Make three holes in this part. Into first hole put 1 tbsp. vinegar, into second hole put 5 tbsp. melted shortening or butter and into third hole put 1 tsp. vanilla. Over all pour 1 cup lukewarm water. Beat until smooth. Pour into ungreased cake pan. Bake in 350 deg. oven for 30 minutes.

DATE CAKE ----- MRS. H. HALDORSON

1 cup dates	½ cup butter
1 cup boiling water	2 cups flour
1 tsp soda	1 tsp. baking powder
1 cup sugar	½ tsp. salt
2 eggs	vanilla

METHOD—Pour boiling water and soda over dates. Let cool. Cream butter and sugar, add eggs. Add dry ingredients and date mixture, then vanilla. Bake in moderate oven.

BANANA CUP CAKES ----- Mrs. D. M. Staple

½ cup butter	1½ cups flour
1 cup sugar	1 level tsp. soda
1 egg	pinch of salt
1 cup mashed bananas (about 3)	1 tsp. vanilla

METHOD—Cream butter and sugar, add egg and bananas. Add sifted dry ingredients and vanilla. Bake in 24 crinkled cups.

SPICE CAKE ----- MRS. W. CROSS

½ cup sour cream	½ tsp salt
1 tsp baking soda	2 eggs
¼ cup butter	½ tsp. baking powder
½ cup brown sugar	½ tsp. cinnamon
½ cup maple or corn syrup	¼ tsp. cloves
1¼ cups cake flour	¼ tsp. nutmeg

METHOD—Cream butter and sugar. Add half syrup and eggs. Sift flour, baking powder and spices. Add soda to sour cream. Add cream and flour mixture alternately to creamed mixture and add rest of syrup. Bake 35 min. in 375 deg. oven.

CREAM SPONGE CAKE ----- MRS. R. E. FREELAND

4 eggs (separated)	Flour
1 cup sugar	1¼ tsp. baking powder
2 tbsp. cold water	¼ tsp. salt
1½ tbsp. cornstarch	1 tsp. lemon extract

METHOD—Beat yolks of eggs and water until thick and lemon coloured. Beat two minutes. Put cornstarch in cup and fill with flour, add baking powder and salt. Add to egg yolks and water. Add sugar when mixed thoroughly. Beat egg whites until stiff. Add first mixture to egg whites, mixing with a knife.

SPICY BANANA CAKE _____ MRS. H. J. BOWLEY

½ cup shortening	1 tsp. cinnamon
1 cup sugar	½ tsp. nutmeg
2 eggs	2 cups sifted cake flour
1 tsp. salt	¼ cup milk
2½ tsp. baking powder	1 tsp. lemon juice
1 tsp. soda	1¼ cups mashed bananas

METHOD—Cream shortening until light and fluffy. Gradually add sugar. Cream well. Add 2 eggs, one at a time, beating well after each egg. Sift dry ingredients together. Combine milk, lemon juice, and bananas. Add dry ingredients alternately with banana mixture beating well after each addition. Pour into two 8-in. layer tins. Bake in moderate 375 deg. for 25 min. When cool put layers together and top with whipped cream or fudge icing.

CANDY

“Sweets to the Sweet”

MARASCHINO CHOCOLATES _____ MRS. D. RINK

1 bottle Maraschino cherries	about one pound icing sugar
white of one egg	2 sqs. unsweetened chocolate
¾ tsp. water	½ as much paraffin wax as
¾ tsp. almond flavouring	chocolate

METHOD—Beat egg white stiff. Add water and flavouring. Gradually add the icing sugar until you can roll into **firm** balls. Take a cherry and roll it in this mixture to form a round **smooth** ball. Set on waxed paper.

Now put chocolate and wax in a small deep dish and set over boiling water to melt. With a long needle spear each ball into the melted chocolate. Wrap in waxed paper for Christmas gifts.

DATE FUDGE _____ MRS. GEO. KELSO

3 cups white sugar	1 cup chopped dates
1 cup cream	

METHOD—Boil all together slowly, stirring often, until mixture reaches the soft ball stage in cold water. Remove from fire, cool slightly, add 1 cup chopped walnuts, 1 tsp. vanilla and pinch of salt. Beat until thick, pour in buttered pan. When cold cut in squares.

MARSHMALLOWS _____ MRS. J. CRAIG

2 envelopes gelatine	pinch salt
8 tbsp. cold water	½ cup boiling water
2 egg whites	flavouring to taste
2 cups gran. sugar	cocoanut

METHOD—Soak the gelatine in cold water. Beat the egg whites and salt until stiff. Combine the 2 cups of sugar and ½ cup boiling water and heat to boiling point. To this add the gelatine and cold water. Then gradually pour over the stiffly beaten egg whites, beating the mixture a few minutes. Set this away to cool a bit, then beat again with the egg beater until a soft mixture, add vanilla and beat with a spoon until it spreads. Pour into a shallow pan lined with browned cocoanut and spread more cocoanut on top and set in a cool place until it sets. Cut in squares and roll in more cocoanut.

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BAKED NUT CANDY ----- MRS. A. L. JORY

1 cup brown sugar	pinch of soda
1 cup nut meats (chopped fine)	white of one egg
pinch salt	

METHOD—Beat white slightly, add sugar, salt, nuts and soda. Spread on a buttered pan, bake in a moderate oven. When cold cut in squares.

This candy may be topped with the following before cutting if desired: 2 cups brown sugar, 1-2 cup cream, 1-3 cup cocoa, 1 tsp. syrup or honey. Boil till it hardens in cold water. Pour over nut candy. Cut into squares when cold.

PATIENCE CANDY ----- MRS. GIBSON RITCHIE

2 cups white sugar	½ cup water
¼ lb. butter	

METHOD—Put on to boil. Melt 1 cup sugar in pan until brown. Add to first part and boil until it forms a soft ball in water. Then take off heat and beat until firm enough to spread in tins.

NEVERFAIL CREAMY FUDGE ----- MRS. WM. FORD

2 cups brown sugar	1½ tsp. baking powder
3 tbsp. flour	salt

METHOD—Mix together and stir in ½ cup milk. When sugar has dissolved add 2 tsp. butter and boil slowly for 30 minutes or to soft ball stage. Add flavouring and ½ cup meats and let cool before beating until thick.

LAURA SECORD CHOCOLATES

3 lbs. icing sugar	Flavouring
3 eggs	

METHOD—Beat eggs and gradually add sugar and flavouring. Make into shapes, dip in chocolate prepared as follows: Melt to lukewarm, 1 pkg. Bakers unsweetened chocolate, 1 bar chocolate (Neilsons Jersey Milk), ½ bar paraffin wax. Keep chocolate warm while dipping and try to be in a cool place for dipping.

POP CORN BALLS ----- MRS. A. McFADYEN

1 cup brown sugar	2 tbsp. butter
2 cups molasses	4 qts. popped corn
1 tbsp. vinegar	

METHOD—Mix the molasses, sugar, vinegar and butter and cook rapidly until a few drops in cold water are very brittle. Watch the syrup carefully as it burns easily. Pour over the popped corn and stir until it is evenly mixed. Wait until the popped corn cools a bit, then butter your hands and press into balls.

COOKIES and DAINTRIES

"Oh weary mothers, making dough,
Don't you wish that food would grow!
Your lips would smile I know, to see
A Cookie Bush or Doughnut Tree."

RICE KRUNCHES MRS. W. C. KINES

½ cup butter	1 cup cocoanut
½ cup brown sugar	1 egg
½ cup white sugar	¼ tsp. salt
1 cup flour	½ tsp. soda
1 cup oatmeal	¼ tsp. baking powder
1 cup Rice Krispies	½ tsp. vanilla

METHOD—Mix in order given. Drop by spoonfuls and flatten with a fork.

CHOCOLATE CHIP COOKIES MRS. A. DAY

½ cup shortening	½ cup nutmeats
½ cup white sugar	3 sqs. dot chocolate in large chips
¼ cup brown sugar	(2 milk chocolate bars may be used)
1 egg	
1 ¼ cups flour	

METHOD—Mix in order given. Make into small balls and bake until brown.

CHOCOLATE BALLS MRS. JACK ADAM

1 can sweetened condensed milk	¼ tsp. salt
2 sq. chocolate	Graham wafer crumbs

METHOD—Melt chocolate over warm water and add to condensed milk with salt. Mix well. Roll graham wafer crumbs very fine and add enough of these so you can pick up spoonfuls and roll into small balls. Roll these in either granulated sugar, chopped nuts or shredded cocoanut and place in refrigerator until ready to serve.

GINGER COOKIES MRS. W. BUICK

1 cup shortening	1 tsp. cinnamon
1 cup sugar	½ tsp. cloves
1 cup molasses	¼ tsp. nutmeg
4 tsp. soda	4 ½ cups flour
1 tsp. ginger	1 cup sour milk or boiling water

METHOD—Cream shortening and sugar, add molasses. Sift 2 cups flour with dry ingredients and add with sour milk, beat, then add other ingredients and drop on oiled baking sheet.

PORCUPINES MRS. J. TWA

1 tbsp. butter	1 cup chopped dates
½ cup sugar	1 cup chopped nutmeats
1 tsp. vanilla	1 egg beaten

METHOD—Cream butter and sugar, add well beaten egg and other ingredients and mix. Take by spoonfuls and roll in cocoanut and brown in oven.

CHOCOLATE CRUNCH COOKIES ----- MRS. S. T. ARGENT

4 tbsp. butter	2 cups flour
4 tbsp. shortening	$\frac{1}{4}$ tsp. baking soda
$\frac{3}{8}$ cup gran. sugar	$\frac{1}{2}$ tsp. salt
$\frac{3}{8}$ cup brown sugar	$\frac{1}{2}$ cup chopped nutmeats
1 egg	1 tsp. vanilla
$\frac{3}{4}$ cup semi-sweet chocolate cut in small pieces	

METHOD—Cream butter and shortening and blend in sugars. Beat and add the egg. Sift in flour with baking soda and salt combining thoroughly. Add dry ingredients little by little, add nutmeats, vanilla and chocolate. Drop the mixture by spoonfuls on a greased pan about one inch apart. Bake in a hot oven, 400 deg., 10 minutes or until delicately browned.

JELLY TID-BITS ----- MRS. J. TWA

$\frac{1}{2}$ cup butter (scant)	1 tsp. baking powder
2 egg yolks	$\frac{1}{4}$ tsp. salt
1 tbsp. milk	Roll and cut
1 cup flour	

METHOD—Make the following filling: 2 egg whites beaten stiff, 1 cup icing sugar added gradually, 1 teaspoon melted butter, 2 cups fine cocoanut. Drape the macaroon filling around the edge of the cookie adding a dab of jelly in centre of decorations.

THIMBLE COOKIES ----- MRS. R. G. ARNOTT

$\frac{3}{4}$ cup butter	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sugar	jam
1 egg yolk	

METHOD—Cream butter, then gradually cream in sugar. Beat egg yolk slightly and add to the creamed mixture. Continue beating until the mixture is light and fluffy. Sift the flour, then measure it and work into creamed mixture. Form dough into small balls and place on greased pan. Make an indentation in each ball with a thimble and place a little jam in each depression. Bake in moderate oven, 350 deg., for about 10 minutes or until delicately browned.

DATE CHEWS ----- MRS. J. A. ROBERTSON

$1\frac{1}{2}$ cups chopped dates	$\frac{3}{4}$ cup brown sugar
1 cup chopped nuts	$\frac{1}{2}$ cup corn flakes
5 graham crackers rolled	2 beaten eggs
$1\frac{1}{2}$ tsp. baking powder	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	

METHOD—Mix altogether and spread batter evenly in an oblong pan. Bake in a slow oven, about 325 deg., for $\frac{1}{2}$ hour. Cut into strips while still warm.

MARSHMALLOW FRIG. ROLL ----- MRS. T. YEO

1 cup icing sugar	1 tsp. vanilla
1 egg (beaten)	1 cup almond or nuts chopped fine
4 sq. unsweetened chocolate	25 marshmallows (plain)
2 tbsp. butter	

METHOD—Cream sugar and egg, melt chocolate and butter, add vanilla, add to first mixture, add nuts and marshmallows immediately. Make two rolls by rolling half mixture at a time in wax paper same as a jelly roll. Cool 2 hours in frig. Slice.

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WALNUT MACAROON SQUARE ----- MRS. W. HUGHES

6 tbsp. butter	1½ cups flour
½ cup sugar	1 tsp. Baking powder
2 egg yolks	¼ tsp. salt
1 tsp. vanilla	

METHOD—Cream butter and sugar, add well beaten egg yolks and vanilla, sift flour, baking powder and salt. Add to first mixture and mix well. Pat into a floured cake pan and set aside while you prepare the following filling: 1 cup dates, ½ cup hot water, 2 tbsp. sugar, ½ tsp. cinnamon. Cut dates fine, put all in saucepan and cook 15 minutes until like paste. Spread over first layer and cover with: 2 egg whites, ¼ tsp. salt, 1 cup brown sugar, 1 cup nuts. Beat egg whites with salt until stiff. Add brown sugar gradually, continue to beat until very thick, add nuts and spread over the date layer. Bake 20 to 30 minutes in a moderate oven.

SCOTCH SHORTBREAD ----- MRS. R. W. JAKEMAN

1 cup butter (unsalted)	3 cups flour
½ cup sugar (¼ cup brown and ¼ cup white)	

METHOD—Mix sugar and butter well and add flour gradually. Separate in half and make 2 cakes in rounds. Cut into small pieces and bake in a slow oven about 40 minutes.

SCOTCH SHORTBREAD ----- MRS. B. ALEXANDER

¾ lb. flour	6 oz. castor sugar
¼ lb. rice flour	½ lb. butter

METHOD—Blend dry ingredients well together, then knead in the butter until you have a stiff dough. Roll out until mixture is ½ in. thick, then cut into shapes desired and prick with a fork to prevent rising. Bake in moderate oven from 20 to 30 minutes.

BUTTERSCOTCH COOKIES ----- MRS. ROY. SANDERS

2 cups brown sugar	1 tsp. vanilla
1 cup butter	4 cups flour
2 eggs	1 cup broken walnuts (optional)
1 tsp. baking soda	1 tsp. cream of tartar

METHOD—Cream butter and sugar. Add eggs. Sift soda, cream of tartar and flour and add to first mixture. Add vanilla. Mix well. Form into 2 or 3 rolls and chill. Bake in thin slices.

GINGERSNAPS ----- MRS. J. C. BROOK

1 egg	2 tsp. ginger (scant)
¾ cup white sugar	1 tsp. soda (scant)
½ cup butter or shortening	1 tsp. baking powder
2 tbsp. molasses	1 tsp cinnamon
2 tbsp. sweet milk	1 cup flour and a bit more

METHOD—Drop on cookie sheet and bake.

DATE SQUARES ----- MRS. GEO. McBURNEY

1 cup white sugar	1 cup chopped nutmeats
2 eggs	¾ cup cake flour
1 cup dates	½ tsp. baking powder

METHOD—Mix and pat into pan 12x10 inches. Cook 25 minutes. Cut in squares and roll in icing sugar.

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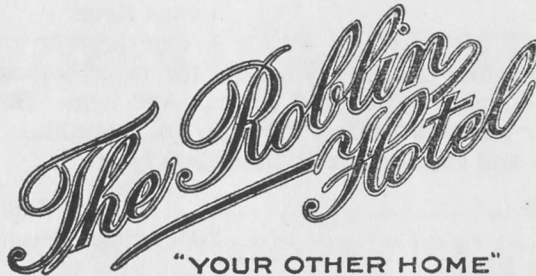
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ALMOND OR COCOANUT STRIPS ----- MRS. F. G. NEWTON

2 tbsp. butter or crisco	5 tbsp. icing sugar
2 tbsp sugar	2 tsp. baking powder
1 cup flour	2 eggs, separated
¼ tsp. salt	jelly or jam

METHOD—Cream butter and sugar. Add unbeaten egg yolks and mix well. Add sifted dry ingredients. This will give a very dry dough. Press in pan 8x8 inches and spread with jelly or jam. Beat egg whites until dry and add icing sugar. Spread on top of first mixture. Sprinkle with chopped almonds or cocoanut and bake about 20 minutes in moderate oven.

FIG BARS ----- MRS. J. MENDRO

½ cup brown sugar	2 tsp. baking powder
½ cup white sugar	2½ cups flour
¾ cup butter	milk
¼ tsp. salt	

METHOD—Sift the flour once before you measure it and then sift it once more with the baking powder and salt. Add the sugars and mix well. Then rub in the butter as you would for pastry. Add sufficient milk to make a dough soft enough to roll out. Turn on to a floured pastry cloth and roll into a large sheet about ⅛-inch thick. Cut into long strips 3 inches wide, spread with fig paste and then fold the edges over to meet in centre. Press together and cut in bars 3 inches long. Place with closed side on floured pan and bake in 400 degree oven from 12 to 15 minutes.

Filling: 2 cups chopped figs, 1 tbsp. brown sugar. Chop the figs fine, add sugar and just enough water to cook to a soft paste. Set aside to cool.

DATE SQUARES ----- MRS. W. WATSON

¾ cup brown sugar	½ tsp. soda
1 scant cup butter	2 cups flour
pinch salt	½ tsp vanilla
1 egg	

METHOD—Roll thinly. Put half in pan. Spread with dates. Put other half on top. Bake in moderate oven.

BROWNIES ----- MRS. FRANK RICE

¾ cup brown sugar	½ tsp. vanilla
¼ cup melted butter	½ cup flour
1 egg	½ tsp. baking powder
2 squares melted chocolate	½ cup chopped walnuts

METHOD—Mix ingredients in order given. Spread in shallow greased pan. Bake in slow oven.

BUTTERSCOTCH SQUARES .. MRS. H. LUNDY MRS. F. G. ESLINGER

¼ cup shortening	¼ tsp. salt
1 cup brown sugar	1 tsp. baking powder
1 egg unbeaten	¼ cup nutmeats, broken
1 cup pastry flour	1 tsp. vanilla

METHOD—Melt shortening. Blend in sugar and cool to lukewarm. Add egg and combine thoroughly. Sift flour, salt and baking powder together twice. Combine mixtures well. Add nutmeats and vanilla. Spread mixture in a square pan (8x8 inches) that has been well greased, and bake in a moderate oven, 350 deg., about 15 minutes. Cake is done when browned nicely and drawing away a little from the tin at the edges. Cut in squares while still warm.

OATMEAL COOKIES _____ MRS. A. L. JORY

2 cups flour	2 eggs
2 cups oatmeal	1 tsp. baking powder
1 cup brown sugar	1 tsp. soda dissolved in 2 tsp. of
1 cup shortening	water

ALMOND MERINGUE SQUARES _____ MRS. J. McCONNELL

1 cup chopped dates	1½ cups cake flour
½ cup water	¼ tsp. vanilla
6 tbsp. butter	2 egg whites
½ cup white sugar	1 cup brown sugar
2 egg yolks	chopped almonds

METHOD—Cook dates and water until thick. Cream butter and white sugar. Add well beaten egg yolks. Sift flour, baking powder and salt and add to butter mixture. Add vanilla. Work together and press in greased pan. Spread cooked dates over this and top with meringue made with beaten egg whites and brown sugar. Sprinkle with chopped almonds. Bake in moderate oven (350 deg.) for 50 minutes. Cut in squares.

EASY SCOTCH SHORTBREAD _____ MRS. T. W. MCGILL

3 cups flour	1 lb. butter
1 cup rice flour	pinch soda
1 cup icing sugar	

METHOD—Sift flour, rice flour, soda and sugar. Cream butter and work in gradually. Press into baking sheet covered with wax paper. Bake in moderate oven (350 deg.) for one hour. Cut while warm.

ESTHER COOKIES _____ MRS. N. WERBOWESKI

1 cup flour	FILLING:
1 tsp. baking powder	1 tbsp. butter
½ cup butter	1 egg
pinch salt	¾ cup sugar
1 egg, beaten	1½ cups cocoanut
1 tbsp. milk	

METHOD—Rub together flour, baking powder, butter and salt. Moisten with egg and milk. Roll thin and cut out. Put in pan. Spread jam or date mixture in centre of round, and put cocoanut mixture on the date.

BUTTERSCOTCH COOKIES _____ MRS. F. A. NEWTON

¾ cup shortening	1 cup flour
4 tbsp. sugar	½ tsp. salt
1 egg	½ tsp. soda
1 pkt. butterscotch pudding powder	1 tsp. baking powder
	chopped nuts (optional)
½ cup rolled oats	

METHOD—Form dough into balls and flatten with a fork. Bake at 375 deg. for 10 minutes.

JAM BUNS _____ MRS. F. HAJAVITCH

2 cups flour	½ tsp. salt
2 tbsp. sugar	1 egg
1 cup shortening	1 tsp. vanilla
3 tsp. baking powder	½ cup milk

METHOD—Mix flour, sugar, shortening, baking powder and salt to-

gether like pastry, then add remaining ingredients. Mix well. Roll out and cut into circles. Put a little jam in the centre and fold over, pressing edges together. Bake in oven as cookies.

WHITE COOKIES ----- MRS. GEO. BLACK

1 cup butter	1 tbsp. sour cream
1 cup sugar	(pinch of baking soda in sour cream)
2 eggs	
1 tsp. vanilla	1½ tsp. baking powder

METHOD—Cream butter and sugar. Add beaten eggs, sour cream and soda, baking powder and vanilla. Mix in flour enough to roll. Sprinkle top with sugar. Cut and bake in moderate oven.

DATE COOKIES ----- MRS. F. Y. NEWTON

2 cups rolled oats	1 cup shortening
2 cups flour	1 tsp. soda dissolved in enough sour milk to make a dough
1 cup white sugar	

METHOD—Roll out. Cut in rounds and put in pan. Put a tablespoonful of cooked sweetened dates on each one. Cover with another round with a slit in it. Press edges together and bake.

ROLLED OAT COOKIES ----- MRS. B. CAMERON

3 cups rolled oats	1 cup thick sour cream
2 cups flour	1 tsp. baking powder
1 cup white sugar	1 tsp. baking soda
1 cup lard	pinch of salt

METHOD—Mix dry ingredients well. Mix in lard as for piecrust, then sour cream. Mix with hands, roll and bake.

CRISP OATMEAL COOKIES ----- MRS. A. STAPLE

3 cups rolled oats	2 cups flour
1 cup brown sugar	1 cup butter or shortening
¾ cup sour cream	1 tsp. soda
½ tsp. salt	1 tsp. baking powder

METHOD—Mix rolled oats, sugar and flour. Add melted shortening and mix well. Dissolve soda in cream and add to mixture. Form dough into roll and chill. Slice thin and bake 5 minutes. Put together with sweetened date filling just before using.

COCOANUT AND OATMEAL COOKIES ----- MRS. P. BEERMAN

2 cups brown sugar	2 cups flour
½ cup butter	1 cup cocoanut
½ cup shortening	1 tsp. soda
2 eggs (well beaten)	1 tsp. vanilla
2 cups oatmeal	1 tsp. salt

METHOD—Roll in balls and pat down with a fork.

CRISPY COOKIES ----- MRS. MATCHETT

1 cup shortening	1 tsp. nutmeg
1¼ cups brown sugar	pinch of salt
2 eggs	1 tsp. vanilla
½ tsp. baking soda dissolved in a little warm water	2 cups flour

METHOD—Mix unbeaten egg yolks with sugar and beat well. Add butter which has been softened but not melted. Add soda, flour and flavourings. Fold in stiffly beaten egg whites. If necessary add more flour when rolling out. Roll out quite thin. Bake in quick oven.

LACE COOKIES ----- MRS. R. PARR

1 cup white sugar	1 tsp. vanilla
3 eggs	2 tsp. baking powder
¼ tsp. salt	

METHOD—Enough rolled oats to make fairly stiff. Drop on well greased pan and bake. Leave in pan till cool.

CARMEL COOKIES ----- MRS R. PARR

1 cup butter	2 cups brown sugar
1 tsp. soda dissolved in	3 cups flour
4 tbsp. warm water	

METHOD—Mix well. Make into small balls and spread with fork.

COCOANUT MACAROONS ----- MRS. J. TAYLOR

½ cup Eagle brand sweetened condensed milk	2 cups shredded cocoanut
	1 tsp. vanilla (optional)

METHOD—Mix milk and shredded cocoanut together. Add vanilla if desired. Drop by spoonfuls on buttered baking sheet about 1 inch apart. Bake in moderate oven (350 deg.) for 10 minutes or until a delicate brown. Remove from pan at once. Makes 24.

DOUGHNUTS ----- MRS. D. FERGUSON.

1 cup sugar	1 tsp. baking soda dissolved in
Butter size of an egg	1½ cups sour milk
2 eggs	½ tsp. salt

METHOD—Mix with enough flour to make a soft dough.

MAGIC HERMITS ----- MRS. G. L. MITCHELL

¾ cup butter	½ tsp. nutmeg
1½ cups brown sugar	1 tsp. cinnamon
2 eggs	2 cups pastry flour
1 cup chopped raisins	½ tsp. baking powder
1 cup chopped walnuts	½ tsp. baking soda
1 cup chopped dates	2 tbsp. milk or water
1 tsp. vanilla	

METHOD—Mix and sift the dry ingredients together. Cream butter, add sugar and well beaten eggs and vanilla. Then add one third of the flour. Mix in fruit and nuts. Add more flour and liquid alternately until all used up. Drop by spoonfuls on a greased sheet.

BROWN SUGAR COOKIES ----- MRS. I. L. MITCHELL

1 cup shortening	2 tsp. cinnamon
1 egg	3 cups flour
2 cups brown sugar	

METHOD—Mix until stiff enough to roll. Bake in a hot oven for 7 to 10 minutes.

BROWNIES ----- MRS. M. LUNDY

2 sq. unsweetened chocolate	1¼ cups brown or white sugar
1/8 tsp. salt	2 eggs
¼ cup butter	½ cup walnut meats chopped
½ cup flour	1 tsp. vanilla

METHOD—Melt chocolate in double boiler over hot water. Remove from fire. Add butter and stir until melted. Add sugar, eggs, salt, flour, nuts and vanilla. Spread evenly in 7-in. pan lined with wax paper. Bake 1 hour in slow oven (300 deg.) Cut in squares. For more "candy-like" brownies use 1 egg and 1 cup white sugar.

OVERNIGHT OATMEAL COOKIES ----- MRS. L. JOLIFFE

1 cup brown sugar	2 cups oatmeal
1 cup white sugar	2½ cups flour
1 cup butter	1 cup cocoanut
2 eggs	1 tsp. soda

METHOD—Put oatmeal and cocoanut through chopper. Mix in order given. Leave overnight. Slice and bake.

SWEDISH COOKIES ----- MRS. CLEM ROBERTSON

¼ cup butter	¾ cup rolled oats
¼ cup shortening	1 cup cocoanut
½ cup white sugar	1¼ cups bread flour
¾ cup brown sugar	2 tsp. baking powder
1 egg, well beaten	¼ tsp. soda
½ cup fine oatmeal	1/8 tsp salt

METHOD—Cream butter, shortening and sugars, add egg. Combine dry ingredients and others. Press into balls and flatten with the tines of a fork on a greased baking sheet. Bake in 400 deg. oven for 10-12 min.

COCOA BRAN COOKIES ----- MRS. R. PARR

2 eggs	1 tsp. vanilla
¾ cup brown sugar	½ tsp. salt
¾ cup bran (ordinary bran)	2 tsp. baking powder
½ cup shortening	1 cup flour
¼ cup cocoa	

METHOD—Cream shortening and sugar, add unbeaten eggs. Beat well. Add vanilla and bran. Sift remaining ingredients and add. Drop by spoon and spread with fork. Bake on well greased sheet.

DUTCH COOKIES ----- MRS. A. L. JORY

1/3 cup butter	1 cup sugar (scant)
2 tbsp. syrup	1 cup rolled oats

METHOD—Work butter, syrup and sugar together. Add rolled oats. Form into balls size of marbles, place 2 inches apart on greased cookie sheet. Top each with a nut. Bake in hot oven 5 minutes. Cool in pan.

DAD'S COOKIES ----- MRS. GEO. LAIRD

½ cup butter	1 cup flour
1 cup brown sugar	¼ tsp. soda
1 egg	¼ tsp. salt
¾ cup cocoanut	1 tsp. baking powder
1 cup rolled oats	1 tsp. vanilla

METHOD—Roll in ball and press with fork dipped in milk, on a greased cookie sheet.

LEMON CRUMB CAKES ----- MRS. H. HALLDORSON

1 cup flour	FILLING:
½ tsp. salt	Juice and rind of 1 lemon
1 tsp. baking powder	1 cup water
½ cup brown sugar	1 cup white sugar
½ cup butter	2 tbsp. cornstarch
	1 tbsp. butter

METHOD—Rub together as for pie crust. Put half mixture in pan, then cover with cooked filling. Then cover with rest of crumbs.

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MEALS AND LUNCHES

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ORANGE COOKIES ----- MISS JEAN MACDONALD

1 cup shortening	2¾ cups flour
½ cup brown sugar	½ tsp. salt
½ cup white sugar	¼ tsp. soda
1 egg	½ cup chopped walnuts (optional)
2 tbsp. orange juice	1 tsp. vanilla
1 tbsp. orange rind	

GRAHAM WAFER DAINTY ----- MRS. A. E. YEO

1 cup brown sugar	1 cup walnuts
1 cup dates	3 eggs
2 tsp. baking powder	12 graham wafers (crushed fine)

METHOD—Beat eggs till light, add sugar. Mix baking powder and graham wafers and add to eggs. Mix in dates and walnuts. Pour into oblong cake pan. When cool cut in squares.

WALNUT COOKIES ----- MRS. A. E. YEO

¾ cup shortening	½ tsp. cream of tartar
¾ cup brown sugar	½ tsp. baking soda
1 egg	1 tsp. vanilla
2 cups flour	¾ cup walnuts

METHOD—Cream shortening and sugar, then add remaining ingredients. Roll into balls and press with fork.

COCOANUT LOGS ----- MRS. J. B. ARNOTT

1 tbsp. butter	1 cup chopped dates
½ cup brown sugar	1 cup chopped walnuts
1 egg beaten	1 tsp. vanilla

METHOD—Cream butter and sugar, and add egg. Mix in remaining ingredients. Drop spoonfulls of mixture in cocoanut and form into small balls. Bake in a medium oven.

NUT SPECIAL ----- MRS. D. BOWLEY

½ cup butter	1½ cups flour
½ cup brown sugar	1½ tsp. baking powder
yolks of two eggs	1 tsp. vanilla

METHOD—Mix as for pie paste and sprinkle with chopped walnuts. Beat 2 egg whites stiff, add 1 cup brown sugar and pour over the nuts. Bake half an hour in a slow oven. Cut in squares.

CRUNCH CAKES ----- MRS. W. FORD

½ cup butter	½ tsp. soda
¾ cup brown sugar	2 cups fine oatmeal
½ tsp. vanilla	

METHOD—Put butter and sugar in frying pan and let boil up. Remove from stove and add remaining ingredients and mix thoroughly. Brown in oven. Mark with a knife and turn out when cold.

GRAHAM WAFER DAINTRIES ----- MRS. W. K. RAMSEY

Graham wafers	Juice of 2 lemons
1 can Eagle brand condensed milk	Rind of 1 lemon

METHOD—Line a pan with whole graham wafers. Whip milk, lemon juice and rind until thick. Spread over wafers and cover with another layer of whole wafers. Make a plain white icing and spread thinly over top. Chill in refrigerator overnight.

RASPBERRY SQUARES ----- **MRS. W. BUICK**

1 cup flour
 1 tsp. baking powder
 1 tbsp milk
 ½ cup butter
 1 egg beaten
 pinch of salt

TOPPING:
 1 cup white sugar
 Melted butter size of an egg
 2 cups cocoanut
 1 egg beaten
 1 tsp. vanilla

METHOD—Mix flour, etc., as for pie dough. Roll to pan size, 9x12 inches. Spread on raspberry jam in a thin layer. Mix ingredients for topping well. Spread over jam. Bake in a moderate oven 25 minutes and cut in squares.

ROCKY MOUNTAIN PEAKS ----- **MRS. J. M. THOM**

2 eggs
 3 sq. chocolate (melted)
 1 cup chopped walnuts

1 cup icing sugar
 1 tsp. hot butter
 20 chopped marshmallows

METHOD—Beat eggs, adding icing sugar, chocolate and butter, walnuts and marshmallows. Drop on wax paper and let set. Cocoanut may also be added.

FROSTINGS

QUICK FROSTING ----- **MRS. M. CRYDERMAN**

1 cup sugar
 ¼ cup boiling water

1 egg white
 ½ tsp. vanilla

METHOD—Place sugar and water in double boiler, over hot water. When sugar is dissolved add egg white and beat with egg beater for seven minutes. Reduce heat, add vanilla and beat until thick enough to spread on cake.

COCOA BUTTER ICING ----- **MRS. P. KELSO**

2 cups icing sugar
 2 tbsp. cocoa

2 tbsp. melted butter
 sweet cream

METHOD—Toss icing sugar together with cocoa and sift. Mix in melted butter. Add cream until of spreading consistency.

CHOCOLATE WONDER FROSTING ----- **MRS. W. CROSS**

3 oz. (½ pkg.) Philadelphia cream
 cheese
 2 tbsp. milk

2 cups icing sugar
 2 sq. unsweetened chocolate
 (melted)

METHOD—Soften cheese and milk. Add sugar a little at a time, beating after each addition. Add chocolate and beat until smooth.

COCOANUT TOPPING ----- **MRS. D. W. LAW**

5 tbsp. brown sugar
 2 tbsp. butter

2 tbsp. cream
 ½ cup shredded cocoanut

METHOD—Cook above ingredients for 3 minutes and spread evenly over top of cake. Place in oven under broiler and cook until top is lightly browned. This covers cake 8x8 inches square.

CHOCOLATE SAUCE FOR ICE CREAM ----- **MRS. W. CROSS**

1 cup brown sugar
 2 tbsp. corn starch
 2 tsp. cocoa

1 cup water
 salt, vanilla and butter

METHOD—Mix together in top of double boiler. Cook until thick.

FLUFFY CHOCOLATE FROSTING **MRS. J. M. THOM**

$\frac{1}{4}$ cup butter	1 unbeaten egg white
$\frac{1}{2}$ tsp. vanilla	$1\frac{3}{4}$ cups sifted icing sugar
$\frac{1}{4}$ cup sifted icing sugar	2 tbsp. boiling water
$\frac{1}{4}$ cup cocoa	

METHOD—Using rotary beater or electric beater, beat butter until fluffy. Add vanilla and icing sugar and continue beating until creamy. Add cocoa and blend. Add unbeaten egg white and beat well. Gradually add the $1\frac{3}{4}$ cups icing sugar alternately with boiling water. Beat until fluffy.

MOCK WHIPPED CREAM ICING **MRS. J. McCONNEL**

6 tbsp. icing sugar	2 tbsp. boiling water
4 tbsp. butter	vanilla
2 tbsp. cream	

METHOD—Beat icing sugar and butter with egg beater. Add cream, beat again. Add boiling water and beat again. Beat until thick then add vanilla.

P U D D I N G S

“The proof of the pudding is in the eating”

MAPLE NUT PUDDING **MRS. J. M. KINES**

$1\frac{1}{2}$ cups brown sugar	3 egg whites beaten stiff
2 cups boiling water	$\frac{1}{2}$ cup walnuts
$\frac{1}{2}$ cup corn starch	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup cold water	

METHOD—To the brown sugar, add boiling water and corn starch diluted with cold water. Cook until mixture thickens over flame then place in double boiler 20 minutes, stirring constantly. Remove and add egg whites, walnuts. Mould and chill. Serve with soft custard.

CUSTARD—2 cups milk scalded, 3 egg yolks, $\frac{1}{4}$ cup sugar, $\frac{1}{8}$ -tsp. salt, $\frac{1}{2}$ -tsp. vanilla.

BAKED CUSTARD **MRS. J. M. KINES**

2 or 3 eggs	1 tsp. nutmeg
2 cups milk	salt
3 tbsp. sugar	

METHOD—Beat eggs slightly—just enough to mix the yolks and whites, add salt, sugar and nutmeg. Scald milk and pour over egg mixture. Bake in dish in a pan of water in slow oven until thick.

DOUBLE BOILER PUDDING **MRS. W. CUMMING**

$\frac{1}{2}$ cup jam or marmalade	$\frac{3}{4}$ cup and 2 level tbsp. sifted
3 tbsp. shortening or butter	flour
$\frac{1}{3}$ cup white sugar	$1\frac{1}{2}$ tsp. baking powder
1 egg well beaten	$\frac{1}{8}$ tsp. salt
$\frac{1}{2}$ tsp. vanilla	$\frac{1}{2}$ cup milk

METHOD—Thoroughly grease top of double boiler and place jam in it. Now sift flour, baking powder and salt together; cream shortening and work sugar in thoroughly; add beaten egg and beat well and add vanilla. Now add the sifted flour alternately with the milk. Pour batter over jam in double boiler. Cook $1\frac{1}{2}$ hours (or 2 hours) over constantly boiling water.

BAKED DEVILS FLOAT ----- MRS. E. WATERS

½ cup sugar	12 marshmallows, quartered
1½ cups water	

Cook sugar and water five minutes. Pour in casserole. Top with marshmallows.

1 cup flour	½ cup chopped nuts
½ tsp. salt	2 tbsp. shortening
1 tsp. baking powder	½ cup sugar
3 tbsp. cocoa	1 tsp. vanilla
½ cup milk	

METHOD—Cream shortening and sugar. Add vanilla. Add dry ingredients, (sifted together) alternately with milk. Add walnuts. Drop by spoonfuls over marshmallows. Cover. Bake in moderate oven about 45 minutes. Serves six.

BAKED RAISIN PUDDING ----- MRS. H. GAMEY

½ cup white sugar	1 cup flour
½ tsp. salt	2 tsp. baking powder
½ cup raisins	½ cup sweet milk
¼ tsp. lemon extract	

METHOD—Mix and put in greased baking dish. POUR over the mixture: 1 cup brown sugar, 1 tbsp. butter, 2½ cups of boiling water. Bake at 375-400 until done, about 40 minutes.

ECONOMICAL PUDDING ----- MRS. J. HAJAVITCH

½ cup sugar	½ tsp. salt
1 cup raisins	½ cup milk
1 cup flour	2 tsp. baking powder

METHOD—Mix ingredients into a stiff batter. Place in a pan. Over this pour the sauce made of: 1 cup brown sugar, 2½ cups boiling water, 1 tbsp. butter. Bake in a moderate oven for 40 minutes or until brown.

LEMON RICE PUDDING ----- MRS. D. A. CAMERON

To one cup of cooked rice add:

1 pint hot milk	few grains salt
2 egg yolks (beaten)	1½ tbsp. butter
¼ cup sugar	rind of 1 lemon

METHOD—Bake ½-hour in a 350 oven. Cook with dish in pan of water. When done beat 2 egg whites until stiff and add ½ cup sugar and juice of one lemon. Spread on pudding and brown in the oven.

STEAMED PUDDING ----- MRS. H. R. MITCHELL

METHOD—Put 1 cup figs, dates or raisins in 1 cup boiling water and soak for 10 minutes.

Beat 1 egg and ¼-cup sugar, blend into soaked fruit and water and add 1½ cups flour sifted with 2 tsp. baking powder, 1 tsp. baking soda, ½-tsp. salt and spice to taste. Fill pudding mould 2/3 full and steam for 1½ hours.

EASY BREAD PUDDING (serves 4) ----- MRS. ARNOLD E. YEO

METHOD—Break 2 eggs into casserole. Beat slightly. Add 3 tbsp. sugar, 1 tsp. vanilla, 2 cups milk. Beat well, add few raisins. Butter two slices of bread, cut into pieces, place on top of milk mixture. Bake 1 hour. This is baked in same dish as mixed in.

ROLY POLY IN SAUCE ----- **MRS. W. DOOLE**

1 cup flour	1 tbsp. sugar
1 tbsp. shortening	2 tsp. baking powder
½ cup milk (small)	

METHOD—Roll out and sprinkle with brown sugar and cinnamon. Cut as for buns and place cut side up in the following sauce: 2 cups boiling water, 1 cup brown sugar.

BREAD AND BUTTER PUDDING ----- **MRS. C. O. ROBIN**

METHOD—In a greased baking dish arrange thin slices of buttered bread, butter side up. Sprinkle layers with raisins and sugar. Place top slices butter side down. Beat up one or two eggs, add two cups milk. Dot butter on top, pour milk and eggs over bread and butter. Let stand ten minutes. Bake in moderate oven until top is golden brown and the custard set.

BROWNIE PUDDING ----- **MRS. F. A. NEWTON**

1 cup flour	2 tbsp. melted shortening
¾ cup white sugar	1½ tbsp. cocoa
½ tsp. salt	½ cup milk
2 tsp. baking powder	½ cup nuts

METHOD—Mix dry ingredients and add milk and melted shortening. Add nuts last. Pour into square cake pan 8x8, and pour this sauce over: ½-cup white sugar, ½-cup brown sugar, 3 tbsp. cocoa, 1 cup hot water. Bake 1 hour at 350.

HASTY PUDDING ----- **MRS. C. POWELL, Deepdale.**

1 cup flour	1½ tsp. baking powder
1/3 cup brown sugar	1 cup chopped dates or raisins
1 tbsp. cocoa	1 tbsp. butter
¼ tsp. salt	2/3 cup milk

METHOD—Sift flour, sugar, cocoa, salt and baking powder. Rub in the butter, add chopped dates, add milk to make a soft dough and turn into well greased dish. Now prepare sauce:

1 cup brown sugar	1/8 tsp. salt
1 tbsp. butter	2 cups boiling water
1 tbsp. flour	2 tsp. vanilla

Method—Mix sugar and flour well together, add butter and then pour boiling water over this, stirring until sugar is dissolved. Add salt and vanilla and pour over butter in baking dish. Pour carefully so as not to disturb the butter. Bake in moderate oven half an hour. When you serve it, spoon out the pudding and the sauce will be there in the same pan, thick and rich.

STEAMED PUFF PUDDING ----- **MRS. J. W. CHOROPITA**

1 egg	½ cup cocoanut
1½ tbsp. sugar	¼ cup raisins mixed with little flour
1½ tbsp. butter	
1 cup flour	pinch of salt
1 tsp. baking powder	½ tsp. vanilla
½ cup milk	

METHOD—Blend ingredients as for any pudding. Use small buttered baking cups, steam 20 minutes. Serve hot with pudding sauce or whipped cream.

CHOCOLATE SPONGE PUDDING (serves 8) --- MRS. C. S. MATCHETT

METHOD—Dissolve 1 tbsp. gelatine in $\frac{1}{4}$ -cup water, 5 tsp. Frys cocoa heated in $\frac{1}{2}$ cup milk. Beat yolks of 4 eggs with $\frac{1}{2}$ -cup sugar. Pour into hot chocolate mixture and melted gelatine. Remove from stove and add beaten whites of 4 eggs. Set until stiff and serve with whipped cream.

BANANA WHIP ----- MRS. FRANK NEWTON

12 marshmallows	2 bananas
juice of two oranges	1 large apple
1 tbsp. lemon juice	$\frac{1}{2}$ cup whipping cream

METHOD—Melt marshmallows in orange and lemon juice in top of double boiler. Cool and add mashed bananas and grated apple. Whip cream and fold in. Serve chilled.

CORN MEAL PUDDING ----- MRS. J. MENDRO

METHOD—2 cups corn meal. Enough melted lard to wet the corn meal. Fry and continue to stir meal and the lard about 10 minutes. Add: 4 eggs, well beaten; 8 cups of milk, stir 1 cup milk, 1 tsp. soda; 1 tbsp. flour; 1 tsp. salt. (altogether this will make 9 cups milk). Add all this to the corn meal and add flavoring. Bring this mixture to a boil stirring constantly, then bake in a cake pan in the oven at 350 deg. for three hrs. When cooked take the top crust off and cut in square pieces. Serve with meat.

BUTTERSCOTCH RICE ----- MRS. M. BOROWSKI

$\frac{1}{3}$ cup of rice	2 tbsp. butter
2 cups milk	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup brown sugar	

METHOD—Scald milk. Wash rice and cook in milk until tender. Melt sugar, butter and salt and when rice is cooked stir in this mixture. Cook until well blended.

CARROT PUDDING ----- MRS. H. HALLDORSON

1 cup grated carrots	$1\frac{1}{2}$ cups flour
1 cup grated potatoes	$\frac{1}{2}$ tsp. salt
1 cup suet	1 tsp. soda
1 cup white sugar	1 tsp. baking powder
1 cup raisins	Vanilla or lemon flavouring
1 cup currants	

For Christmas add 1 grated apple, mixed peel and almonds.

PLUM PUDDING ----- MRS. WM. ARNOTT

1 cup suet	1 tsp. cinnamon
2 cups bread crumbs	1 tsp. mace
1 cup currants	$\frac{1}{4}$ tsp. cloves
1 cup raisins	$\frac{1}{2}$ tsp. nutmeg
1 heaping cup brown sugar	2 eggs, well beaten
1 cup chopped almonds	1 cup sour milk
1 cup citron peel	1 large cup flour
1 tsp. salt	1 tsp. soda

METHOD—Mix dry ingredients together except flour and soda and let stand overnight (covered). In morning add flour, soda, eggs and milk. Beat all together and steam 3 hours.

AUNT RACHEL'S APPLE PUDDING _____ **MRS. H. HALLDORSON**

1 cup flour	$\frac{1}{2}$ tsp. salt
2 level tsp. butter	$\frac{1}{2}$ cup milk
1 tsp. baking powder	

METHOD—Roll dough out rather thin and spread with 1 cup chopped apples. Sprinkle with brown sugar and a little cinnamon if preferred. Dot with butter and roll up like a jelly roll. Cut into slices about 1 inch thick. Put in baking pan and pour over sauce as follows: $\frac{1}{2}$ -cup brown sugar; 1 tbsp. flour; 2 tbsp. butter; 1 cup boiling water. Bake in a quick oven and serve with hard sauce.

LEMON SPONGE PUDDING _____ **MRS. WM. ARNOTT**

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ tsp. salt
1 $\frac{1}{2}$ tbsp. butter	1 $\frac{1}{2}$ cups milk
3 egg yolks	1 lemon
3 tbsp. flour	3 egg whites

METHOD—Blend together the sugar and butter. Beat egg yolks until thick and lemon colored and add to sugar mixture. Add the flour and salt, then the milk along with lemon juice and grated lemon rind. Fold in egg whites which have been beaten until stiff but not dry. Pour into greased baking dish and set this in a pan of hot water. Bake in a moderate oven (350 deg.) for about 35 or 40 minutes. When done this pudding has a cake-like mixture on top and a custard-like sauce underneath. It is nice served either hot or cold.

LEMON FOAM _____ **MRS. G. FISHER**

2 cups hot water	1 lemon
1 cup white sugar	3 egg whites
2 tbsp. (rounding) cornstarch	

METHOD—Put the hot water and sugar into double boiler or saucepan. When it boils add the cornstarch moistened with a little cold water and stir. After cooking 4 or 5 minutes squeeze in the juice of 1 lemon stirring steadily. Now whip to a stiff froth the whites of 3 eggs. Pour the cornstarch mixture over egg whites and beat rapidly. Set in a cool place. Serve with custard sauce. A topping of whipped cream may be used also.

BANANA WHIP _____ **MRS. J. W. KEMP**

1 banana	$\frac{1}{2}$ tsp. grated lemon rind
1 tbsp. lemon juice	$\frac{1}{4}$ cup whipping cream
4 tbsp. fruit sugar	1 tbsp. chopped browned almonds

METHOD—Mash banana fine, add sugar, juice and rind. Heat slowly, stir until well blended, let come to a boil. Let cool and whip cream into the above mixture. Fold in nuts.

MARSHMALLOW PUDDING _____ **MRS. W. SORBO**

$\frac{1}{4}$ cup cherries	1 cup whipping cream
1 tbsp. cherry juice	2 tbsp. powdered sugar
$\frac{1}{2}$ cup walnuts	1 $\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ lb. marshmallows	

METHOD—Cut cherries, walnuts and marshmallows fine. Whip cream, add sugar and vanilla, fold in remaining ingredients. Let stand 2 hours in cold place before serving.

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APPLE CRUMBLE MRS. H. HALLDORSON

1 baking dish with apples pared and sliced	2 tbsp. butter
1 cup flour	1 cup brown sugar

METHOD—Crumble flour, sugar and butter together and spread over apples. Bake until brown in moderate oven.

ECONOMICAL PUDDING MRS. R. E. FREELAND

1 egg	1 cup flour
1 cup milk	1 tsp. baking powder
$\frac{3}{4}$ cup sugar	pinch of salt

METHOD—Beat egg, milk and sugar with egg beater. Add flour and baking powder. Bake in oven. Serve with fruit or favorite sauce.

ICE CREAM MRS. W. SORBO

1 cup sugar	1 tbsp. vanilla
2 pints cream	3 eggs (separated)
1 pint milk	

METHOD—Mix uncooked, beat eggs separately and add whites last. Let stand in freezer until well chilled, then freeze.

BUTTERSCOTCH PARFAIT MRS. A. L. JORY

$1\frac{1}{4}$ cups brown sugar	2 eggs (separated)
2 tbsp. butter	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup water	$1\frac{1}{2}$ cups whipping cream
1 tsp. vanilla	

METHOD—Put sugar, butter and water into saucepan, stir until dissolved. Cook without stirring to softball stage. Pour slowly onto the well beaten egg yolks. Beat till cold and thick. Fold in the stiffly beaten egg whites, to which the salt has been added. Stir in whipping cream. Freeze without being stirred.

LEMON PUDDING MRS. T. LAMBKIN, MRS. L. M. WATERS

1 tbsp. melted butter	2 egg yolks
1 cup sugar	$\frac{1}{4}$ tsp. salt
2 tbsp. flour	1 cup milk
1 lemon grated rind and juice	2 egg whites

METHOD—Mix butter and sugar. Add other ingredients in order given and lastly fold in beaten egg whites. Bake 40 minutes in buttered dish in pan of water.

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PICKLES

"Hunger is the best sauce"

RIPE TOMATO CHUTNEY ----- MRS. M. BALES

24 ripe tomatoes	1 qt. vinegar
6 medium onions	1 qt. water
3 sweet red peppers	3 cups sugar
3 sweet green peppers	2 tbsp. ginger
12 tart apples	1 tsp. cinnamon
1 lb. seedless raisins	¼ tsp. cloves
1 cup chopped celery	

METHOD—Dip tomatoes in boiling water then in cold water, peel and chop fine. Peel apples and dice. Combine vegetables, apples and raisins, add vinegar, water, sugar, salt and spices. Heat to boiling point and simmer, stirring often until the mixture is thick and clear, about 2 hours or more. Pour immediately into hot sterilized jars and seal at once.

PEPPER JELLY ----- MRS. C. E. TRIMBLE

This is delicious served with cold meats.

2 cups chopped green and red peppers	1 cup lemon juice
5½ cups white sugar	1 bottle certo
1 cup vinegar	wash and cut peppers

METHOD—Place peppers, sugar and vinegar in a kettle. Heat to boiling, stirring occasionally. Remove from heat and let stand 15 minutes. Reheat to boiling, and add lemon juice. Boil 2 minutes. Remove from heat, add pectin—skim, cook 5 minutes. Pour into glasses and cover with wax. Let stand for two weeks before using.

(Sweet Pickles) ONIONS AND GREEN TOMATOES --- MRS. H. GAMEY

Onions and green tomatoes to fill a 3 gallon crock. Let stand overnight with a little salt. Cut fine and drain off in the morning.

	1 tsp. nutmeg
3 cups brown sugar	1 tsp. cloves
3 cups white sugar	Vinegar and water half and half
1 tsp. cinnamon	Cook about 2 hours

TOMATO and CELERY PICKLE ----- MRS. H. KEAY

30 ripe tomatoes	20 tbsp. sugar
10 large onions	5 cups vinegar
5 green peppers	2½ tsp. salt
4 heads celery	

METHOD—Cut the vegetables fine, mix well together and boil one hour and one half. This makes 4 quarts.

BREAD and BUTTER PICKLES ----- MRS. H. TRICKETT

12 large cucumbers peeled and cut in slices	1 pt vinegar
6 onions, cut in slices	2 cups sugar
1 cup salt	1 tsp. mustard seed
Let stand for 1 hour, rinse thoroughly	1 tsp. celery seed
Make syrup of:	½ tsp. tumeric powder
	1 tsp. black pepper

METHOD—Boil syrup 5 minutes, add cucumbers, onions, and boil slowly for 5 minutes, and seal hot.

RED TOMATO PICKLE ----- MRS. H. A. WATSON

6 lbs. ripe tomatoes	2 bunches celery (cut fine)
6 lbs onions	4 cups sugar
6 peaches	4 cups vinegar
6 pears	2 tsp. salt
2 red or green peppers	4 oz. pickling spice tied in a bag

METHOD—Boil 2 hours Thicken with 2 tbsps. cornstarch. Bottle and seal.

SWEET CUCUMBER PICKLES ----- MRS. GEO. CHOROPITA

1 pail cucumbers	½ tsp. nutmeg
	¼ tsp. celery salt
3 qts onions (small)	1 qt. vinegar (mild)
1 tsp. cinnamon	2 qts. water
½ tsp. cloves	5 cups brown sugar
½ tsp. allspice	3 tsp. salt

METHOD—Make a syrup of this and then put the onions and the cucumbers in this syrup and boil for 15 minutes. Then pack this hot in sealers.

EASY PICKLE ----- MRS. H. R. MITCHELL

1 gal. vinegar	1 oz. tumeric
½ oz. saccharine	1 oz. celery seed
4 cups white sugar	1 oz. curry powder
1 cup salt	1 tsp. cayenne
¼ lb. w. mustard seed	Mix in 4 gal. crock
¼ lb. ground mustard	

METHOD—Put the cucumbers, cauliflower and onions washed and dried. Stir every day. Ready to bottle in two weeks.

TOMATO CATSUP ----- MRS. P. GALATUIK

10 lbs. ripe tomatoes	2 cups cider vinegar
2 chopped onions	½ tsp. whole cloves
1 cup chopped sweet red peppers	1 tsp. broken stick cinnamon
(optional)	½ tsp. celery seed
2 tsp. salt	1 tsp. mustard
1½ cups sugar	

METHOD—Use well ripened tomatoes, quartered, and combine with onions, peppers. Simmer until vegetables are tender. Put through a fruit press or rub through a sieve. Tie all the whole spices in a bag, add to tomato pulp along with salt and mustard. Cook 1½ hours, or until mixture is reduced in bulk to half original and thick, stirring constantly. Pour into sterilized jars and seal at once.

TOMATO and APPLE CHUTNEY ----- MRS. D. R. VANALSTYNE

6 large tomatoes (ripe)	¼ cup mixed pickling spices (tied in a bag)
6 large apples	
4 small onions	3 tsp. salt
1 green pepper, 1 red pepper	3 cups brown sugar
1 cup raisins	1 qt. vinegar (light)

METHOD—Chop tomatoes, apples, onions, raisins and peppers fine. Add remaining ingredients and boil 1½ hours. Remove spice bag. Fill the pickles into sterilized jars and seal.

RIPE TOMATO RELISH MRS. F. A. NEWTON

7 lbs. tomatoes, peeled and cut up	1 qt. vinegar
2 heads celery, cut but not fine	1½ lbs. sugar
1½ lbs. apples, peeled and cut up	1½ tsp. salt
12 large onions, quartered and sliced	a handful of mixed spices put in a bag

METHOD—Cook 4 hours. Burns easily so stir often until it thickens.

MUSTARD CUCUMBER RELISH MRS. F. A. NEWTON

6 cucumbers put through chopper 4 onions put through chopper
 Sprinkle 3 tbs. salt over this and let stand 3 hours then drain.

SAUCE—

2 cups vinegar	3 tsp. mustard
2 cups hot water	1 tsp. ginger
3 cups sugar	½ tsp. red pepper
½ cup flour	1 tsp. tumeric

METHOD—Cook until sauce is thick, then add vegetables. Boil 10 minutes.

MUSTARD PICKLE MRS. R. T. McBRIDE

2 lbs. chopped onions	1 head cauliflower, chopped
1 lb. chopped cucumber	

METHOD—Pour boiling water over each with a handful of salt and let stand overnight. Next day drain and chop fine: Add: 1 quart vinegar; 6 cups brown sugar, ½-cup mustard; ¾-cup flour; 1 oz. tumeric. Mix and boil then add 2 oz. white mustard seed; ½-oz. celery seed. Let it boil then add 3 cans corn.

MRS. PICKLE'S PICKLE MRS. H. HALLDORSON

1 qt. large cucumbers	1 qt. large onions
1 large cauliflower	1 head celery
1 qt. green tomatoes	3 green peppers

METHOD—Chop or put through coarse grinder all vegetables. Make a hot brine and leave vegetables over night. Drain.

DRESSING—

1½ qts. vinegar	1 small tin mustard
¼ oz. mustard seed	½ oz. tumeric
7 cups white sugar (or brown)	

METHOD—Put on stove and boil. Thicken with 1¼ cups flour. When boiling add vegetables. Boil 10 minutes.

GREEN TOMATO PICKLE MRS. ROBERT ARNOTT

1 gal. green tomatoes	1 tbs. whole allspice
1½ cups brown sugar	1 tbs. celery seed
6 large onions	1 tbs. whole cloves
2 sweet red peppers	1 tbs. whole black pepper
4 cups vinegar	1 tbs. mustard
1 tbs. mustard seed	½ cup salt

METHOD—Slice tomatoes and onions thinly. Sprinkle with ½-cup salt. Let stand overnight in a crock or enamel vessel. Tie all spices in a cheesecloth bag. Chop pepper pods very thinly. Drain the tomatoes and onions well. Add the sugar, mustard, seasonings and peppers to the vinegar, then add the tomato and onion and cook for ½-hour, stirring occasionally to prevent burning. Remove spice bag. Pack into hot sterilized jars and seal immediately.

MUSTARD CUCUMBER PICKLE ----- MRS. D. STAPLE

¾ lb. brown sugar	3 cups white vinegar diluted
4 tbsp. mustard	4 tbsp. flour
½ tbsp. celery seed	1½ tsp. tumeric

METHOD—Mix above dressing together. Add vegetables (12 medium size cucumbers, 12 medium onions) which have been sliced, sprinkled with salt, stood overnight and drained. Boil about 10 minutes.

MILLION DOLLAR PICKLE ----- MRS. H. HALLDORSON

6 qts. cucumbers, peeled and sliced thin	2 green peppers
12 small onions, sliced	1 cup salt

Cover with water and let stand overnight. Drain.

DRESSING—

6 cups white sugar	5 cups vinegar
2 tbsp. tumeric	2 tbsp. mustard seed
2 tbsp. celery seed	1 small tin pimento

METHOD—When dressing boils add first mixture and cook until tender.

SIX DAY CUCUMBER PICKLES ----- MRS. J. McCONNELL

FIRST DAY—Wash and cut cucumbers. Add 2/3 cup salt to 1 gallon cucumbers. Cover with boiling water. Let stand until

SECOND DAY—Drain off water and rinse in cold water. Add ½-cup salt to 1 gallon cucumbers and cover with boiling water. Let stand until

THIRD DAY—Wash and drain cucs. Add ¼-cup salt to 1 gallon cucs and cover with boiling water. Let stand until

FOURTH DAY—Make a syrup of 5 cups vinegar, 2 cups water, 5½ cups sugar, bag of spices. Boil. Drain and wash cucs and cover with boiling syrup.

FIFTH DAY—Drain syrup in pan and bring to boil. Pour back over cucs.

SIXTH DAY—Drain syrup in pan to bring to boil. Pack cucs in sealers and cover with boiling syrup. Add pinch of alum on top of each jar. Seal.

FRENCH PICKLE ----- MRS. T. YEO

2 qts. large cucumbers	1 large head cauliflower
2 qts. onions	3 green peppers

METHOD—Grind through food chopper and add a handful of salt. Cover with hot water and let stand till morning. Drain.

8 cups white sugar	¾ cup flour	} make into paste.
2 qts. vinegar	½ cup mustard	
1 oz. celery seed	½ oz. tumeric	
2 oz. mustard seed		

Cook for half an hour and seal. Burns easily so stir frequently.

SACCHARINE PICKLES ----- MRS. J. M. THOM

1 gal. vinegar	1 oz. tumeric
15c worth saccharine	4 cups brown sugar
1 cup salt	a little red pepper
¼ lb. mustard	whole spices

METHOD—Mix all together in a crock, add spices which have been put in a cheesecloth bag. Add cauliflower, cucumbers, small onions, etc., as desired.

PRESIDENT ROOSEVELT'S FAVORITE PICKLE --- MRS. O. KENDRICK

1 qt. chopped rhubarb	1 tbsp. ginger
1 qt. chopped onions	1/8 tsp. cayenne
1 pint vinegar	1/2 tsp. paprika
2 lbs. brown sugar	1 tsp. each black pepper, cloves,
1 tbsp. salt	mace, nutmeg and cinnamon

METHOD—Boil together over moderate heat stirring frequently to prevent sticking until the consistency of chili sauce. Bottle and seal.

SIX DAY PICKLED ONIONS ----- MRS. T. YEO

4 lbs. pickling onions	2 qts. water
1/4 cup salt	

METHOD—Soak in brine for 6 nights, changing brine every night.

Syrup—3 1/2 cups white sugar, 3 1/2 cups vinegar, 1 tbsp. whole mixed spices. Boil 5 minutes. Pour over onions and seal. Ready in two weeks.

CUCUMBER SANDWICH SPREAD ----- MRS. D. ROBERTSON

14 medium sized cucumbers	4 red peppers
6 onions	

METHOD—Peel onions, remove the seeds from peppers and put all this through the food chopper. Sprinkle with 1/2-cup salt and let stand overnight. In the morning drain off liquid and cover with mild vinegar and bring to a boil.

DRESSING—

1/2 cup butter	1 cup sweet cream
1 1/2 cups sugar	1 tbsp. mustard
3 tbsp. flour	1 tbsp. celery seed
4 well beaten eggs	

METHOD—Melt butter and add sugar, flour and well beaten eggs, cook slowly until thick then add cream, mustard and celery seed. Add this to vegetables and bring to a boil. Pour into small jars and cover with paraffin wax. This will keep a month after it is opened and indefinitely before the seal is broken.

PIES and TARTS

“Unless some sweetness at the bottom lie,
Who cares for all the crinkling of a pie?”

MAID OF HONOR TARTS ----- MRS. L. LIETZ

1/2 cup butter	2 tbsp. milk or a little more
2 eggs unbeaten	3/4 cup white sugar
2 cups flour	1/2 tsp. salt
2 tsp. baking powder	1 and 1/3 cups raspberry jam or
1/2 cup chopped nuts or cocoanut	other desired filling

METHOD—Form into small balls with hands. Put into pattie tins and make a hole in the centre. Fill with jam and nuts. Bake 10 minutes in moderate oven.

RAISIN PIE FILLING ----- MRS. J. McCONNELL

1 1/2 cups raisins	1/2 cup brown sugar
1/2 cup boiling water	1 level tbsp. flour

METHOD—Cook raisins until soft and clear. Mix sugar and flour together and add to boiling raisin mixture and stir until thick and clear. Add vanilla to taste.

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PUMPKIN PIE MRS. W. SORBO

1 can pumpkin	2/3 tsp. cloves
1 1/4 cups brown sugar	1 tsp. salt
3/4 tsp. ginger	2 and 1/3 cups milk
1 1/2 tsp. cinnamon	4 eggs

METHOD—Separate eggs—combine other ingredients, add well beaten egg yolks. Fold in beaten egg whites. Bake at 425 for 10 minutes then reduce heat to 375 for 40 minutes.

COCOANUT CREAM PIE (2 pies) MRS. C. S. MATCHETT

1 qt. milk	yolks of 4 eggs
small cup cocoanut (soak in milk	1 cup sugar
one hour in double boiler	3 tbsp. flour

METHOD—Beat yolks and sugar and add flour. Stir into hot milk. Fill cooked crusts. Use whites as meringue. Sprinkle with cocoanut and brown.

LEMON PIE MRS. T. L. DILLIN

1 1/2 lemons	1 cup sugar
2 eggs	1 1/2 tbsp. cornstarch

METHOD—Grate the rind and squeeze the lemons, add sugar and beaten egg yolks and cornstarch dissolved in a little cold water. Mix thoroughly and pour into a saucepan containing 1 cup hot water.

LEMON PIE OR TARTS MRS. J. HAJAVITCH

1/4 cup flour	2 1/2 cups boiling water
5 tbsp. cornstarch (level)	3 eggs
1 1/2 cups sugar	1/2 cup lemon juice
1/2 tsp. salt	2/3 tbsp. grated lemon rind
1 1/2 tsp. butter	

METHOD—Combine thoroughly flour, starch, sugar and salt. Stir and cook until mixture thickens smoothly and until no raw starch flavor remains. Stir into egg yolks. Stir and cook over boiling water until egg thickens. Remove from heat and add juice, rind and butter. Cool slightly then turn into baked pie shell or tart shells. Cover with meringue of 3 egg whites with 4 to 6 tbsp. fruit sugar. Brown meringue in a slow oven, 300 deg. This amount makes one large pie.

NOTE—The sugar could be decreased to 1 cup and lemon juice to suit the taste.

STRAWBERRY PIE MRS. J. S. WARD

METHOD—Put fresh strawberries in a baked shell, sprinkle with sugar. Boil: 1 cup water and 1 cup sugar for 5 minutes. Crush 1/2-cup strawberries, add 3 tbsp. cornstarch to syrup and cook 30 minutes in double boiler. Cool. Pour over strawberries and chill thoroughly. Serve with whipped cream.

PIE CRUST MRS. J. SCOTT, MRS. F. L. SKINNER

1 lb. shortening or lard	1 tsp. salt
5 cups unsifted flour	1/2 tsp. baking powder
3 tsp. brown sugar	mix to crumbs

METHOD—Break egg into 8 oz. measuring cup. Mix well with a fork and add 1 tbsp. vinegar. Fill to 3/4-mark and add 1 tsp. more of water. Pour over dry ingredients and mix with a fork.

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I was with MacArthur on the battleship Missouri. I attended the sessions of the United Nations. I was at the Paris conference. I will be at the next Olympic Games. I am informed of the world of today, for I am present on all great occasions and at all great events.

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DAINTY TARTS MRS. ARNOLD YEO

- | | |
|-------------------------------------|-----------------------------|
| 3 tbsp. shortening (or half butter) | 1 egg |
| 3 tbsp. sugar | ½ tsp. vanilla |
| 3 tbsp. ground rice | Strawberry or raspberry jam |

METHOD—Line patty tin with pastry (do not cook). Put 1 tsp. jam on pastry then a spoonful of mixture on top. Bake until brown.

FRENCH CREAM PIE OR TARTS MRS. F. A. NEWTON

- | | |
|---|-----------------|
| 1 cup currants | ½ tsp. cinnamon |
| ¾ cup white sugar | ½ tsp. salt |
| 1 cup sour cream | 1 tsp. soda |
| 2 egg yolks (keep whites for frosting). | |

METHOD—Stir the ingredients together (except soda) in a saucepan and place on stove to cook until thick. Stir occasionally. Just before pouring into already baked crust add the soda. This makes enough for a pie or 1½ doz. tarts. Use the egg whites for meringue.

BUTTERMILK PIES MRS. PEARCE

- | | |
|-------------------------|---------------------|
| 1 cup sugar | 2 tbsp. butter |
| 2 cups sweet buttermilk | flavor with lemon |
| 2 eggs | This makes two pies |

GRAHAM WAFER PIE MRS. W. CRAIG

- | | |
|------------------|---------------------|
| 14 graham wafers | ½ cup melted butter |
| ½ cup sugar | 1 tsp. cinnamon |

Mix together and remove ½ cup for the top. Line pie tin with balance.

FILLING:

- | | |
|----------------|--------------------|
| 2 cups milk | 2 egg yolks |
| ¼ cup sugar | 2 tbsp. cornstarch |
| 1 tsp. vanilla | |

METHOD—Cook until thick and spread while hot. Beat 2 egg whites stiff and beat in 3 tbsp. icing sugar. Spread on top of the filling then sprinkle the ½-cup of crumbs over the top. Bake in a slow oven for 20 minutes.

PASTRY (never fail) MRS. F. L. SKINNER

- | | |
|----------------------|---------------------|
| 1 lb. lard | 3 tbsp. brown sugar |
| 5 cups flour | 1 tsp. salt |
| ½ tsp. baking powder | |

METHOD—Mix thoroughly. Break 1 egg into cup. Add 1 tbsp. vinegar, beat well. Add water to make ¾-cup liquid. Add to flour mixture. (keeps well in frig.).

DATE PASTRY (a little different) MRS. F. M. CHASE

Line a square dish with rich pastry. Spread cold cooked dates on evenly then top with the following:

- | | |
|-----------------------|-------------------------|
| 2 eggs (beaten) | ½ cup shredded cocoanut |
| ¾ cup brown sugar | 1 tsp. vanilla |
| 1 tbsp. melted butter | |

Bake in a hot oven.

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Than he is able to digest.
Give him always of the prime,
And but little at a time.”

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SWEET PASTRY _____ **MRS. M. CAMERON**

$\frac{1}{2}$ cup shortening; $\frac{1}{4}$ cup sugar. Cream together.

METHOD—Beat 1 egg and add to the shortening and sugar. Sift together: $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ tsp. baking powder. Blend all ingredients. Chill well before baking. Bake 12 minutes.

GREEN TOMATO MINCEMEAT _____ **MRS. ARNOLD YEO**

3 quarts green tomatoes (peeled, chopped small); Add 4 quarts of water, put on to boil. Let stand overnight. Next morning drain. Put the following through the food chopper:

1 qt. or more apples	1 lb. suet
1 lb. raisins	1 lb. peel

Add to the tomatoes along with:

1 lb. currants	salt to taste
$2\frac{1}{2}$ lbs. brown sugar	1 cup vinegar

Boil about two hours. Before taking off the stove add:

1 tbsp. cloves	1 tbsp. ginger
1 tbsp. nutmeg	

Mix well and bottle. Makes 4 quarts mincemeat (I put in an extra $\frac{1}{2}$ -lb. whole raisins as well but the pound in the recipe must be minced).

MINCE MEAT _____ **MRS. J. MARTIN**

1 lb. suet	$\frac{1}{4}$ lb. almonds
1 lb. sultana raisins	$\frac{1}{2}$ tsp. cloves
2 lb raisins	$\frac{1}{2}$ tsp. ginger
1 lb. currants	$\frac{1}{4}$ tsp. nutmeg
1 lb. brown sugar	1 tsp. cinnamon
2 lb. apples (peeled and sliced)	1 tsp. salt
$\frac{1}{2}$ lb. mixed peel	juice and rind of 2 lemons

GREEN TOMATO MINCEMEAT _____ **MRS. A. McFADYEN**

$6\frac{1}{2}$ lbs. green tomatoes	peel if desired
$6\frac{1}{2}$ lbs. apples	1 tsp. cinnamon
3 lbs. brown sugar	1 tsp. cloves
1 lb. raisins	1 tsp. allspice
1 lb. currants	salt to taste

METHOD—Mince tomatoes and apples through grinder. Add rest of ingredients. Simmer for 3 hours or until cooked. Pack in sterile jars and seal.

S A L A D S

“A feast consisting of the produce of the fields,
All the luxury the country yields.”

PINEAPPLE-CARROT SALAD _____ **MRS. H. GAMEY**

1 pkg. orange jello	1 medium sized can of shredded
7 or 8 medium sized carrots	pineapple (drain off juice)
(shredded)	little salt
	lemon juice

METHOD—Set the jello according to the directions on the package. When the jello begins to thicken add the shredded carrots, the pineapple, lemon juice and salt. Serve on lettuce with a little salad dressing.

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FRUIT SALAD ----- MRS. ORTON McCORQUODALE

- | | |
|-------------------------------|--------------------|
| 12 peaches (cut fine, peeled) | 1 lb. cherries |
| 12 pears (cut fine, peeled) | 5 cups white sugar |
| 1 pt. crushed pineapple | 2 cups water |

METHOD—Combine peaches, pears, sugar, pineapple and water, cook until tender then add 1 lb. cherries. Put in sterilized sealers while hot and seal. This salad will keep indefinitely.

JELLIED SALAD ----- MRS. GEO. LAIRD

- | | |
|-------------------------------|---------------------------------------|
| 1 tsp. gelatine | 3 tbsp. sugar |
| $\frac{3}{4}$ cup cold water | $\frac{1}{4}$ cup chopped dill pickle |
| $\frac{1}{4}$ cup lemon juice | 1 cup chopped celery |
| $\frac{1}{2}$ tsp. salt | 1 cup shredded cabbage |

METHOD—Place the cold water in a bowl and add gelatine. Allow to stand then add lemon juice, salt and sugar. Place the bowl in hot water and stir until gelatine is dissolved. Cool and chill until partially thickened. Fold in celery pickles and cabbage. Pour into moulds that have been rinsed in cold water and chill. Unmould on lettuce leaf. Garnish with salad dressing.

GOLDEN GLOW SALAD ----- MRS. W. KEMP

- | | |
|-----------------------|------------------------------------|
| 1 pkg. lemon jello | 1 tbsp. vinegar |
| 1 cup warm water | $\frac{1}{2}$ tsp. salt |
| 1 cup pineapple juice | 1 cup pineapple, diced and drained |
| 1 cup grated carrots | $\frac{1}{2}$ cup chopped celery |

METHOD—Dissolve jello in warm water, add pineapple juice, vinegar and salt. Chill. When slightly thickened add carrot, celery and pineapple. Turn into moulds. When firm unmould on crisp lettuce. Garnish with salad dressing or whipped cream.

MOULDED VEGETABLE SALAD ----- MRS. JOHN ADAM

- | | |
|---------------------------------|--------------------------------------|
| 1 tbsp. unflavored gelatine | $\frac{1}{4}$ cup diced green pepper |
| $\frac{1}{2}$ cup cold water | $\frac{1}{4}$ cup diced onion |
| $\frac{1}{2}$ cup boiling water | 1 tbsp. lemon juice |
| 1 10-oz. can veg. soup | $\frac{1}{2}$ tsp. salt |
| 2 tbsp. white vinegar | dash pepper |
| $\frac{1}{4}$ cup diced celery | 2 tbsp. sugar |

METHOD—Soften gelatine in cold water. Dissolve softened gelatine in boiling water. Add soup and heat 5 minutes. Remove from heat, add remaining ingredients. Mix well. Pour into individual ring molds which have been oiled or rinsed in cold water. Chill. Unmould when firm. Serve on lettuce garnished with cottage or other cheese. Serves 6 to 8.

TOMATO ASPIC RING WITH SALAD CENTRE --- MRS. JOHN ADAM

- | | |
|---------------------------------|------------------------------|
| 1 can Heinz tomato soup | dash cayenne pepper |
| $\frac{1}{4}$ cup grated celery | $\frac{2}{3}$ cup water |
| 1 tbsp. grated onion | 1 bay leaf |
| $1\frac{1}{4}$ tsp. sugar | 4 tsp. unflavoured gelatine |
| 1 tsp. salt | $\frac{1}{2}$ cup cold water |
| $\frac{1}{4}$ tsp. celery salt | 2 tbsp. white vinegar |

METHOD—Combine first nine ingredients. Beat 10 minutes. Strain. Add the gelatine which has been softened in the half cup of cold water. for 10 minutes, to hot liquid and stir until dissolved. Add vinegar. Pour into ring mould which has been oiled or rinsed in cold water. Chill. Unmould when firm. Serve with desired salad in centre of ring mould. If preferred, the aspic may be formed in individual moulds. Serve 6.

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VALENTINE SALAD MRS. JOHN ADAM

Prepare tomato aspic in heart shaped moulds. Unmould on lettuce beds and decorate with mayonnaise that has been mixed with finely chopped sweet pickle.

CHRISTMAS CANDLE SALAD MRS. JOHN ADAM

4 slices pineapple	lettuce
2 bananas	salad dressing
2 shelled brazil nuts	

METHOD—Place a slice of pineapple on a bed of lettuce on a salad plate. Set half a banana upright in the ring of the pineapple. Cut the Brazil nuts in halves, lengthwise, insert into end of banana to resemble wick of candle. When ready to serve, light the nut which will burn readily. The dressing for this salad should be served separately.

GOLDEN SALAD MRS. R. E. FREELAND

1 cup grated raw carrots	$\frac{1}{2}$ cup raw apples
$\frac{1}{2}$ cup celery cut fine	$\frac{1}{2}$ cup diced orange

Serve with mayonnaise.

FRENCH DRESSING MRS. J. M. TAYLOR

To make a pint combine: one and one-third cups salad oil, $\frac{2}{3}$ cup mild vinegar or lemon juice, 1 tsp. fruit sugar, 1 tsp. salt, $\frac{1}{2}$ tsp. paprika in a covered jar and shake thoroughly. Any of these ingredients can be added for variation: a clove of garlic (remove before using), 1 tsp. Worcestershire sauce, 1 tsp. dry mustard and chopped chives or parsley.

SALAD DRESSING MRS. J. ADAMS

1 cup white sugar	1 heaping tsp. Keen's mustard
1 scant tsp. salt	

METHOD—Mix together and moisten with two well-beaten eggs. Add $\frac{1}{2}$ -cup water and $\frac{1}{2}$ -cup vinegar. Cook in double boiler until thick. Take off stove and add butter size of walnut. Beat well with rotary beater. Makes a pint.

SALAD DRESSING MRS. J. HAJAVITCH

$\frac{1}{4}$ cup vinegar	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup water	$\frac{1}{2}$ tsp. mustard
$\frac{1}{4}$ cup sugar	3 eggs
$\frac{1}{2}$ tsp. pepper	

METHOD—Boil vinegar, water and sugar. Beat the eggs with mustard, pepper and salt and add to boiling mixture. Stir quickly and cook over a slow fire until thick but do not boil. Store in a jar in a cool place. It will keep for two weeks.

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A SUPPER SCALLOP MRS. W. FORD

First butter a baking dish, add a generous layer of sliced potatoes, cover with pork sausage, season with salt and pepper, fill the dish with sliced potatoes, pour over this one can of corn, spread crumbs on top and bake in a moderate oven until cooked. Add potatoes and sausage according to the size of family.

SALMON CASSEROLE MRS. J. McCONNELL

1 tin salmon	2 eggs
1 cup peas or peas and carrots	salt and pepper
1 cup tomatoes	4 soda biscuits
1 medium onion	1 tbs. butter

METHOD—Mix salmon, peas, tomatoes, chopped onion, salt and pepper and beaten eggs. Place in casserole and sprinkle with biscuit crumbs and dot with butter. Bake in moderate oven for 45 minutes. Serve on toast for luncheon or supper.

BAKED POTATO MRS. W. FORD

METHOD—With apple corer remove centres from smooth well scrubbed potatoes, insert sausages and bake till potatoes are done.

SEVEN LAYER DINNER MRS. C. ROBIN

potatoes	peas
onion	cooked tomatoes
carrots	cooked rice
sausages	salt and pepper

METHOD—In a greased deep casserole or baking dish place sliced raw potatoes to a depth of two inches. Season with salt and pepper. Add a thin layer of sliced raw onion. On top place an inch layer of raw carrots, salt and pepper. Add a layer of cooked rice—about 2 cups. Next place a layer of peas—2 cups of raw or canned. Place sausages—enough for your family—on the peas, and pour over all a can of tomatoes or a pint of cooked tomatoes. Bake in a moderate oven for two hours. Serve hot. This dinner is excellent when re-heated.

CABBAGE ROLLS MRS. J. HAJAVITCH

1 medium cabbage	¼ lb. bacon
½ lb. rice	2 cups tomato juice
1 medium onion	salt, pepper

METHOD—Remove the core from the cabbage and scald for a few minutes in hot water, to soften the leaves. Remove the leaves separately and slice off the stem, so that they will not break in rolling. Wash the rice thoroughly in several waters and cook for 10 minutes in boiling salted water. Drain well. Dice the bacon very fine and fry it until it is crisp. Add it to the fat which has been extracted, the minced onion, the salt and pepper, to the rice. Mix well. Spread a spoonful of this on a cabbage leaf, then roll tightly. Line a large baking dish with cabbage leaves. Place the rolls closely together in this and pile others on top until the rice mixture is finished. Pour 2 cups of tomato juice or strained tomatoes and about ¾-cup of water over the rolls. Cover the top with more cabbage leaves, and cook in a moderate oven for one and one half hours, or until the cabbage leaves are done. If the top leaves begin to brown, place a cover on the dish. NOTE—Bacon may be omitted if desired.

ESCALLOPED SALMON AND PEAS MRS. J. FYFE

1 lb. can of salmon	juice of ½ lemon or 1 tsp vinegar
1 tsp. salt	white sauce
¼ tsp. white pepper	1 can of peas
buttered crumbs	butter

METHOD—Remove bones and skin from salmon, separate into flakes, season and sprinkle with lemon juice or vinegar. Prepare a cupful of white sauce. Butter casserole, place salmon, peas and a few crumbs in layers. Pour the sauce over the top and dot with crumbs and butter. Bake until heated through and nicely browned on top.

SPANISH RICE AND HAMBURGER MRS. STEWART JOHNSON

1/3 cup rice	½ lb. hamburger meat
3 tbsps. bacon dripping	Onion, green pepper, salt, condi-
1 cup boiling water	ment sauce, etc. to taste
1 can of tomatoes	

METHOD—Heat fat in frying pan, add rice and stir until a golden brown. Add salted water, cover and allow to cook slowly until water is absorbed. Braise meat and add to it such onion, pepper, etc. desired. Combine the cooked rice, meat and tomatoes in a casserole. Cover and cook in a slow oven for ½-hour.

SUPPER DISH MRS. T. W. MCGILL

1 lb. round steak, minced	salt
2 small onions	macaroni
butter	1 can tomato soup

METHOD—Cook the desired amount of macaroni. Fry chopped onion in butter. Cook minced steak, turning constantly. Place meat in casserole, cover with onions, then macaroni, pour over the can of soup and heat in oven.

CHEESE SNACKS MRS. J. M. TAYLOR

METHOD—Cut bread in squares or fingers about 1 inch square, and 2 or 3 inches long. Spread top and sides with mixture made of 1 cup of grated cheese, 1 egg, pinch of salt, ¼-tsp. mustard, 3 tbsps. butter or bacon dripping. Place small square of bacon on each. Toast high up in oven or under broiler.

CHEESE SOUFFLE MRS. W. CROSS

2 tbsps. butter	¾ cup grated cheese
3 tbsps. flour	2 eggs (separated)
½ cup scalded milk	

METHOD—Make paste of flour and butter, add milk. Remove from fire, add cheese and egg yolks. Beat egg whites stiff and add last. Bake in greased pan in hot water ¾-hour.

BEEF UPSIDE DOWN PIE MRS. BRUCE ARNOTT

1 tbsps. fat	Dash of:
1 medium onion	celery salt
½ lb. minced steak	salt
1 tin tomato soup	pepper
	biscuit mix

METHOD—Melt fat in casserole. Add sliced onion and partially cook. Add beef, tomato and seasoning and cook 10 minutes. Make a biscuit dough to fit top of casserole and bake in a hot oven until top is a mellow brown (about ½-hour).

PORK AND BEANS ----- MRS. ALEX CRAIG

12 lbs. white beans	4 pts. tomato catsup
soak in soft water for 36 hours.	1 small tablespoon cayenne pepper
Strain, add SOFT water and	
boil 1 hour. Add:	4 cups white sugar
4 to 5 lbs. pork, cut in cubes	salt to taste

METHOD—Combine thoroughly and pack in sealers. Process for three hours.

SALMON SOUFFLE ----- MRS. HARRY H. CROSS

1 can salmon	½ cup soft breadcrumbs
½ tsp. salt	½ cup milk
1/8 tsp. pepper	yolks of 2 eggs
2 tsp. lemon juice	whites of 2 eggs

METHOD— Pick over salmon, removing any skin or bones. Break in flakes and season. Cook bread crumbs in milk for 5 minutes. Add egg yolks, beaten slightly, then add salmon. Remove from fire. Fold in stiffly beaten egg whites. Pour into a buttered baking dish. Bake in a moderate oven until firm and nicely browned, about 25 minutes.

VEGETABLE MARROW RINGS ----- MRS. M. CRYDERMAN

METHOD—Select a medium sized vegetable marrow. Cut into inch slices, and remove seeds. Place in a greased shallow pan, and fill each ring with seasoned minced steak. Cook in a hot oven covered for a time, then uncovered to brown the meat. Remove outer rind of marrow rings, and serve with either seasoned white sauce or tomato sauce.

S O U P

NOODLES FOR SOUP ----- MRS. J. PURITCH

4 cups flour	Lukewarm water enough to make
1 tsp. salt	thick dough
3 eggs	

METHOD—Knead and make thick dough. Roll out and dry this dough about 2 hours. Cut into stripes and it is ready to use for soup.

CARROT SOUP ----- MRS. FRED STARR

1 cup diced carrots	2 tbsp. butter
1 cup potatoes diced	3 tbsp. flour
2 tbsp. minced onion	½ tsp. sugar
1 can consomme	salt, paprika
1 cup boiling water	whipped cream
2½ cups milk	

METHOD—Place vegetables in a saucepan. Add consomme and water and cook slowly for ½-hour. Add milk, Melt butter, add flour and cook, slowly add carrot mixture. Cook until it has thickened. Add sugar, salt and paprika. Serve very hot with whipped cream sprinkled with parsley. ---

RICE AND TOMATO SOUP ----- MRS. FRED STARR

2 qts. stock	1 cup rice
1 can tomatoes	seasoning

METHOD—Add tomatoes to stock, then rice which has been boiled. Season to taste and cook for ½-hour.

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ONION SOUP ----- MRS. J. W. HAINES

4 onions	4 cups milk
2 cups water	salt, pepper
1 tbsp. flour	paprika
3 tbsp. butter	

METHOD—Peel and slice onions. Cook them in 2 cups water until tender. Add to the drained onions the butter, milk, salt, pepper and paprika. Re-heat and simmer 2 or 3 minutes. Serve at once.

SCOTCH BROTH ----- MRS. FRED STARR

2 lbs. breast of mutton	3 pints of water
1 turnip, sliced	½ cup barley
3 carrots, sliced	parsley, pepper and salt
1 onion	1 tbsp. flour
1 stalk celery	piece of butter

METHOD—Cut meat from bones. Remove all fat, then cut in small pieces. Cut vegetables fine. Add barley, cover with water, cook slowly for 3 hours. Cook butter and flour together until smooth, stir into soup. Add parsley, pepper and salt, then serve.

TOMATO SOUP ----- MRS. DUGAN

14 lbs. ripe tomatoes	6 onions
1 bunch celery	10 whole cloves
1 bunch parsley	

METHOD—Blanche tomatoes, peel and core. Cut into small pieces, add sliced onions. Chop celery and parsley, add to tomatoes. Boil steadily for two hours, strain through collinder, pressing through as much pulp as possible.

ADD—

½ cup white sugar	4 tbsp. salt
¾ cup flour	¼ tsp. red pepper
1 cup butter	

Mix together and stir into the above. Cook until soup is thick and smooth. Put into jars to ½-in. from top. Process 20 minutes.

MISCELLANEOUS

ORANGE MARMALADE ----- MRS. F. H. BELTON

6 oranges	juice of 3 lemons
3 grapefruit	

METHOD—Slice oranges and grapefruit as thinly as possible. Cover with cold water. Let stand overnight. Boil until soft with lid on kettle. Remove cover and boil until thick. Add 1½ pounds sugar to every pound of pulp. Boil until thick enough to suit taste, which should be a very short time. Keep carefully stirred to prevent burning.

VEGETABLE MARROW CONSERVE ----- MRS. F. G. NEWTON

3 lbs. diced marrow	juice and rind of 3 lemons
2¼ lbs. sugar	1 tsp. ginger

METHOD—Place marrow in bowl and sprinkle with sugar. Let stand overnight, then add lemon juice and rind and ginger (tied in a bag). Boil gently until marrow is clear.

CONFETTI CONSERVE MRS. W. SORBO

18 pears	½ cup red cherries
2 cups crushed pineapple	½ cup green cherries
2 oranges	sugar

METHOD—Peel and core pears and grind them. Squeeze over them the juice of oranges and add rind. Allow 3 cups sugar to 4 cups fruit. Sprinkle sugar over and leave overnight. In morning cook until clear and thick. Before taking from fire add cherries which have been chopped very fine. Sterilize jars, seal and store in cool place.

MOTHER'S GINGERED PEARS MRS. WALTER J. WARD

8 lbs. pears	2 ozs. ginger
4 lbs. sugar	1 cup water
4 lemons (juice and rind)	

METHOD—Simmer all together for 45 minutes.

CANADIAN CHEESE MRS. J. MENDRO

3 cups homemade white cheese	1 cup cream
1 tsp. baking soda	1 tsp. salt
1 cup butter	1 tsp. butter coloring

stir together and let stand for 2 hours

METHOD—Cook in double boiler until smooth and set to cool. This makes Canadian Cheese.

LEMON BUTTER MRS. A. L. JORY

1 lemon	1 tbsp. butter
1 cup white sugar	3 beaten eggs

METHOD—Put on fire in a double boiler. Stir till thick. Will keep in a sealer in a cool place. ---

HEALTH DRINK MRS. CHARLES BRYDON

2 qts. rhubarb juice	9 cups sugar (less if desired)
6 lemons (juice and rind)	

METHOD—Boil and seal in jars. Served hot or cold.

LEMON BUTTER MRS. T. YEO

1 lb. butter	12 eggs
1 lb. white sugar	1 lemon

METHOD—Melt butter, mix sugar and let cool. Add beaten eggs and lemon juice. Cook in double boiler until thick. Pour into jars. Half recipe suitable for small family.

TOMATO JUICE MRS. A. CRAIG

METHOD—Cut tomatoes up and heat until the juice runs freely. Put through a fruit press, taking out the seeds and skin. To each quart add 1 tsp. salt and 1 heaping tsp. sugar. Boil 5 minutes and seal tight.

LEMON DRINK MRS. J. W. HAINES

1 oz. tartaric acid	juice of 3 lemons
1 oz. citric acid	5 cups white sugar
1 tbsp. Epsom salts	4 cups boiling water

METHOD—Mix acids, salts and sugar with lemon juice. Pour boiling water over mixture and stir until dissolved.

Rhubarb - Strawberry Jam

5 cups rhubarb

5 cups sugar

Let it stand all night.

Next morning bring to boil & add 20 oz. can of crushed pineapple. Let simmer 15 minutes. Add 2 strawberry jelly powders & bring to a rolling boil. Bottle.

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